



Join us in celebrating National Parks and Recreation Month in July. This year, the New Brighton Parks and Recreation Department wants you to experience the Power of Parks with great discounts and special events.

Here's how you can experience the Power of Parks

### Visit one or all of the following New Brighton Parks:

Driftwood Park • New Brighton Community Center • Freedom Park • Hansen Park • Hidden Oaks Park Innsbruck Park • Meadow Wood Park • Silver Oaks Park Sunny Square Park • Totem Pole Park • Vermont Park Veterans Park

### Enjoy a walk on the trails at:

Driftwood Park • Freedom Park • Hansen Park • Innsbruck Park • Meadow Wood Park • Pike Lake Trail South Park Trail

On Tuesday, July 12, you can RAMSEY COUNTY experience the Power of Parks as the New Brighton Parks and Recreation Department and the Ramsey County Library, New Brighton Branch combine forces to create a "Super Hero" day at the New Brighton Community Center. Starting at 10:00 am, children will create super hero crafts and then attempt to leap tall buildings in a single bound on the super hero obstacle course.

Later that morning, children will be able to test their powers in a Mad Science of Minnesota workshop. Preregistration will be required for the workshop, however, there is no cost involved.

After the workshop, a healthy snack will be available just before the "main event" begins. At 1:00 pm, Mad Science of Minnesota will pack a huge punch with a dynamic presentation.

- \$3 Eagles Nest admission throughout the day
- Obstacle course in the gymnasium
- All Mad Science events are free, sponsored by the Ramsey County Library
- Children are welcome to come in costume
- Fun craft, art activities, face painting and balloon animals

In addition on July 12, visit Brightwood Hills Golf Course and all children 17 and under golf for free! Call 651-638-2150 for tee times.



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### Media Disclaimer:

Photographs and video are periodically taken of participants while they are in programs, special events, city facilities or enjoying the parks. Please be aware that this media may be published through print or online. If you would like to opt out of a photo or video please contact the Parks and Recreation Department. We also encourage you to donate your photos/videos through our New Brighton Parks and Recreation Facebook site.

#### **About the Cover:**

Photograph compliments of Betsy Jean Photography; taken at Brightwood Hills Golf Course



### **Admission Fees & Information**

To enjoy the following areas, you must have a wristband:

- Fitness & Wellness Center
- Track
- Gymnasium
- Eagles Nest Indoor Playground

### **Daily User Fees**

Youth	\$5.50
Senior	\$5.50
Adult	
Track	\$3

### **Punch Pass**

Get 12 admissions	for the price of 10.
Youth	\$55
Senior	\$55
Adult	\$60
Track only	\$30
(for adults 18+ and	l seniors)

# **Open Pickleball**

Pickleball, a combination of tennis, badminton, and ping pong, is one of the fastest growing sports in the country. Pickleball is a fun and easy way to exercise and meet new people. This is your chance to check it out! Open gym time will be set aside for Pickleball players of all skill levels at the New Brighton Community Center. If you are a beginner, players will help you learn the game. Several wooden paddle racquets and plastic poly balls will be available for players to use during open gym. Please bring your own racquet if you have one. Visit usapa.org for more information on rules and equipment.

Tuesday & Thursday .... 1:00 pm-3:00 pm Friday ......9:00 am-11:00 am March 1 – September 2 (No pickleball due to school out days and private rentals: March 10, 11, 17, 18, 22, 24, 25, April 9, June 10) Check in at the Guest Service Desk \$3 per visit (no charge with NBCC Membership)

# **Eagles Nest Indoor Playground Hours**

Monday-Saturday	.9:00 am-8:00 pm
Sunday	

### **Community Center Amenities**

- Eagles Nest Indoor Playground
- Fitness Center
- Gymnasium
- Fitness Studio
- Meeting/Party Rooms
- Conference & Banquet Rooms

### **Community Center Hours**

Monday-Friday	6:00 am-10:00 pm
Saturday	8:00 am-10:00 pm
	10:00 am-6:00 pm

**PLEASE NOTE:** The annual Stockyard Days festivities will be held from August 7-15, 2016. To view a schedule of events or to volunteer, please visit www.stockyarddays. org. During the parade, held on Thursday, August 11, the New Brighton Community Center parking lot will be inaccessible from 5:00 pm-8:00 pm. Please plan your visit accordingly.

# Open Badminton

Everyone has played badminton at their family picnics, now it is time to play indoors on a gym floor. Badminton is a racket sport that originated in the 1800's. It is a relatively low impact way to exercise, as well as socialize. Open gym time will be set aside for badminton players of all skill levels at the New Brighton Community Center. Rackets and shuttlecocks will be available for players to use during open gym. Please feel free to bring your own racket.

Friday ......6:00 pm-8:00 pm March 4 – August 26 (No Badminton June 10) Check in at Guest Service Desk \$3 per visit (no charge with NBCC Membership)

### **NBCC Gymnasium**

The gymnasium is available at various times each day for NBCC members and drop-in users. A weekly schedule of open gym time is available online or posted at the facility.

Expectations are clearly posted in the gymnasium. You must have a wristband to use the gymnasium and no food or beverages are allowed. Respectful communication and behavior is required at all times. Those choosing not to follow the gymnasium expectations will be asked to leave the facility and are not eligible for a refund.

**PLEASE NOTE:** The gymnasium will close early on the following days due to private rentals:

Monday, June 6 1:00	pn
Tuesday, June 7 1:00	pn
Friday, June 103:00	pn

### **Gym Rentals**

NBCC gymnasium is available for exclusive use Sundays before and after hours. Discounted rates are available for multiple bookings. Call 651-638-2138 for detailed information.

# **Holiday Hours**

Easter - Sunday, March 27 Community CenterClosed Eagles NestClosed
Memorial Day - Monday, May 30 Community CenterClosed Eagles NestClosed
Private Rental - Monday, June 6 Community Center6:00 am–8:30 pm Eagles Nest9:00 am–3:00 pm
Private Rental - Tuesday, June 7 Community Center6:00 am–9:00 pm Eagles Nest9:00 am–3:00 pm
Private Rental - Friday, June 10 Community Center6:00 am–9:00 pm Eagles Nest9:00 am–3:00 pm
Independence Day - Monday, July 4 Community CenterClosed Eagles NestClosed
Labor Day - Monday, September 5 Community CenterClosed Eagles NestClosed
Annual Maintenance - Sept. 6–Sept. 9 Community CenterClosed Eagles NestClosed



### Please note:

MN State Sales Tax of 7.125% is included in all membership fees. Memberships are nonrefundable and non-transferable. For more information on personal training, fitness classes and wellness seminars turn to the fitness & wellness sections of this brochure.

There is a \$30 administration fee on memberships. A one-time fee of \$10 is assessed when changing membership categories. Month to month members are obligated for at least 90 days. After that time frame, the membership is recurring until a cancellation notice is obtained. A monthly \$5 fee is assessed when putting your month to month membership on a flex hold. Please see quest services for more details. New Brighton Community Center Fitness provides a neighborhood club feel – we are your friends in fitness.

# **INSURANCE DISCOUNT OPTIONS**

Insurance providers offer programs to qualifying members at the New Brighton Community Center that provide a monthly credit of up to \$20 if they work out a certain number of times per month. Please visit the Guest Service desk to confirm your eligibility with the current insurance programs we offer.

- Blue Cross Blue Shield of Minnesota
- Blue Cross Blue Shield of North Dakota
- Health Partners
- Medica
- Preferred One
- Cigna
- SilverSneakers®
- Prime®
- Silver&Fit®
- Preferred One\*

\*Please see your employer for qualifying paperwork.

### Youth

Any child ages 0-12 can access the Eagles Nest Indoor Playground and the gymnasium when it is available. Youth ages 12-17 must complete a youth fitness orientation to gain access to the fitness center. This is an additional fee.

	Monthly	Annual
Resident	\$17.74	\$185.11
Standard	\$20.51	\$214.04

Family

The New Brighton Community Center defines family as up to two adults and four dependent children living in the same household (must show proper verification). Additional children are \$10 each.

	Monthly	Annual
Resident	\$42.14	\$439.64
Standard	\$52.66	\$549.55

### Adult (18 & older)

	Monthly	Annual
Resident	\$27.72	\$289.24
Standard	\$38.76	\$422.29

### Adult Dual

Any two adults or one adult and one youth residing at the same address.

	Monthly	Annual
Resident	\$40.49	\$413.03
Standard	\$48.59	\$496.33

### Senior (62 & older)

	Monthly	Annual
Resident	\$19.96	\$208.25
Standard	\$21.07	\$219.82

# 90-day Summer Fitness Pass for \$90

This special promotion is available for purchase between May 1 and June 30. It's perfect for the college student coming home for the summer or if you want to work out in an air conditioned facility during the hot summer months. 90-day pass holders have access to the indoor walking/running track, cardiovascular equipment and more than 60 pieces of strength training equipment. Keep your summer fitness goals on track with New Brighton Community Center Fitness.

#### Promotion details:

- Open to adults ages 12+, youth orientation included for ages 12-17 (\$49 value)
- \$90 is due at time of purchase
- · Health insurance reimbursements are not eligible for this program
- After your 90-days has expired, you have up to a week to enroll as a regular member for \$10 off the administrative fee
- \$29 upgrade to Health Wave status, including most group fitness classes and pool access at Highview Middle School pool.

### Health Wave

This complete membership includes access to the fitness center, gymnasium, Eagles Nest Indoor Playground, Highview Middle School Pool and select group fitness classes. Look for the wave symbol 💝 designating group fitness class offerings valid with this membership. Pre-registration and daily check in at guest services is required for classes. This membership is offered with a single or family option.

	Monthly	Annual
Single	\$42.69	\$445.43
Family	\$66.42	\$693.01

**Investigate Your Fitness Options** with our C.S.I. Spring Membership **Promotion** 



C - Challenge Yourself S – Step it Up I - Invite a Friend

These exciting offers will be valid during the entire month of April!

### **Challenge Yourself**

- Schedule a Free 30 minute fitness assessment
- Purchase a 1 hour, 5 session personal training package for 50% off + two free guest passes

### Step it Up

- Upgrade to a Health Wave membership without paying the upgrade fees
- Participate in the new Health Coaching opportunity
- Experience three free group fitness class drop ins

### **Invite a Friend**

For existing members, refer a friend and if they join, YOU get a free gift and THEY get to enroll for free! (\$30 value)

### **PLEASE NOTE:**

The fitness center will close early on the following days due to private rentals:

Monday, June 6..... 8:30 pm Tuesday, June 7..... 8:30 pm Friday, June 10 ...... 9:00 pm Silver&Fit® is a fitness and healthy aging program designed to help you achieve better health through regular exercise. The Silver&Fit program includes memberships at a local participating fitness facility, website resources and support from Silver&Fit's toll-free member services hotline and website.

For those who currently carry health insurance plans offering Silver&Fit, you could be eligible for:

- An adult membership at the New Brighton Community Center free of charge, including Pickleball open gym.
- Open and lap swim access at Highview Middle School Pool, as well as Water Aerobics.
- T'ai Chi Chih fitness classes.
- Silver&Fit member access to the SilverSneakers® exercise classes – however, SilverSneakers participants receive first priority for registration or
- 50% off a basic equipment orientation upon enrollment.

All Silver&Fit members are required to check in at the Guest Service desk regardless of the activity in order to assist the community center in keeping this program.

To find out if you are eligible for this program, please contact the customer service number on the back of your health insurance card. If you are eligible and would like to join, simply stop by the Guest Service desk at the New Brighton Community Center to enroll. Please note: Silver&Fit members can only belong to one participating facility.

FOR 2016: All returning Silver&Fit members will be asked to complete enrollment paperwork, and the annual fee will be payable to the NBCC.

The New Brighton Community Center partners with Healthways SilverSneakers® Fitness Program and Prime® Fitness Program.

SilverSnea

Select health plans and employer groups offer Healthways SilverSneakers® and Prime® Fitness programs. To check if you are eligible, please contact Guest Services at 651-638-2130 and provide your first name, last name and date of birth. Based on this information, you could be eligible

- An adult membership at the New Brighton Community Center free of charge, including Pickleball open gym.
- Open and lap swim access at Highview Middle School Pool, as well as Water Aerobics.
- SilverSneakers® exercise classes designed for older adults to improve their strength, flexibility, balance and endurance. All other group fitness classes can be purchased separately.
- A free 30 minute equipment orientation.
- Requires you to check in regardless of your activity in order to assist the community center in keeping the program.
- Please see Guest Services at the community center to enroll, or contact our Membership Clerk at 651-638-2125 for more information.

# Calling Pickleball players!

See page 3 for dates, times and daily usage fees for Pickleball open gym at the New Brighton Community Center or at the Highview Middle School Gym.



### **Community Room**

Features seating for 240, patio, sound system, microphone, LCD projector & screen, podium, dance floor, staging, and attached kitchen.



### Community Room A

Seats 250 theater or 160 event seating, patio, sound system, microphone, LCD projector & screen, and attached kitchen. Not available Saturdays.



### **Community Room B**

Seats 50 for meetings and 64 for events, patio and sound system. Not available Saturdays.



### **Room 224**

Casual room for meetings and events, seats 40 for meetings and 64 for events, microphone with sound system and screen.



### Room 218 and 220

Meeting rooms seat 24-28, conference tables, padded chairs, LCD projector, screen, whiteboard and sink. Special evening and weekend rates.



### Room 209

Meeting and training room, seats 24, tables, padded chairs, white board and sink.



### Room 221

Intimate room seats 12 for meetings or events, tables, padded chairs, whiteboard and screen.



New Brighton offers a variety of facilities in your community at affordable prices. We welcome the opportunity to provide accommodations for your business meeting or special occasion.

For detailed facility information visit www.newbrightonmn.gov/facility or call 651-638-2138.

**Receptions** • Parties Events • Meetings • Conferences

# Facility Features:

- Rooms set up specific to your needs
- Bright rooms with windows
- · Audio visual equipment and internet access available
  - Staff on hand to assist
  - Flexible catering policies
    - Affordable rates
    - Discounts for multiple reservations

# **Customer Quote:**

"THANK YOU for working with us on a wonderful event! Our guests had a great time and the space you provided worked out very well. Would love to work with you again on hosting next year!"

M.M., Business Conference client



### Brightwood Hills Clubhouse

The clubhouse provides a beautiful setting for business meetings, social events, retreats, boutiques and more. Refundable damage deposits will be applied to all Brightwood Hills Clubhouse rentals.

### **Facility Features:**

- Available November 15 March 31
- Accommodates 72 people
- Bright and relaxed setting
- Arrange for catering or bring your own
- Use of refrigerator, microwave, ice machine
- Discounted weekday rates

### **Picnic Item Rentals**

A variety of picnic items are available for rent through the Parks and Recreation Department. Items include:

- Bocce ball
- Volleyball set
- Softballs, bats, balls, bases
- Croquet
- Horseshoe set
- Tug-o-war rope

Two-item kit is \$15 Complete kit is \$40

Call Jodelle at 651-638-2121 at least two days in advance.

# **Pool Party Rentals**

Make a splash with your party by reserving exclusive pool time at Highview pool.

- A great birthday party idea for youth
- Inquire about our large inflatable animal floats, games and activities that will make your party unforgettable
- See the Aquatic Section for more details

For rental information and reservations call 651-638-2143.



### **Neighborhood Centers**

These centers provide a relaxed alternative for business meetings, company events, graduation parties, family reunions, rehearsal dinners, and other social events. Located throughout New Brighton at Hansen, Freedom, Sunny Square and Totem Pole Parks. (Freedom Park is not available June to August). Refundable damage deposits will be applied to all Neighborhood Center rentals.

### **Facility Features:**

- Accommodates 64
- Tables, chairs, carpeting, fireplace, pine interior, windows, restrooms Self-catered functions
- (No kitchen facilities)
- Park amenities nearby
- Discounted weekday rates

### Field Reservations

Need a place to enhance your skills? Fields are available by reservation for a practice or game. Contact Jodelle at 651-638-2121.

### **Gymnasium Rentals**

Our gymnasium is available for exclusive use Sundays before and after hours. Discounted rates are available for multiple bookings. Call 651-638-2138 for detailed information.

# Long Lake Regional Park

This park is operated and maintained by Ramsey County Parks & Recreation. For information about the park call 651-748-2500.



### **VOLUNTEER OPPORTUNITIES** Be Active Live Life

Enrich yourself and your community through volunteering with the New Brighton Parks and Recreation Department. Help others experience our mission in delivering parks and recreation services that improve the quality of life in New Brighton. If interested, stop in and complete a volunteer application and background check the next time you visit the New Brighton Community Center.

The following opportunities are available:

- Ideas For Life Senior Day 2016 Volunteers are needed to help with a variety of duties during this celebration for seniors, June 8
- NBCC Maintenance Year round cleaning and prepping of Community Center amenities.
- Gardeners Looking for individuals who have a green thumb to maintain flower beds/areas in local parks and at the NBCC.
- Tree Planters Looking for adults to assist school aged children plant trees on National Arbor Day, Hansen Park, Friday, April 29
- Eagle or Girl Scout projects
- Adopt-a-Park Organizations, clubs or neighbors (commitment 4x a year)
- Kids Dance Help with children during dance class (Wednesdays 5pm-7pm)
- Youth Karate- Help special needs children at Monday night classes from 6:15 pm-8:15 pm.
- Kitchen KutUps Entertainers (Weekdaysvarying times)
- Computer, Marketing & Photography Skills
- Office assistance administrative tasks
- Soccer Coaches (basic knowledge provided)
- Soccer Clinicians (soccer experience required)
- · Youth T-Ball/Softball Coaches & Umpires
- Flag Football Coaches
- Water Safety Instructor Aid (American Red Cross Training available and required)
- Tennis Assist instructor 2 or 4 hours per week (evenings 6:00 pm-8:00 pm or mornings 9:00 am-11:00 am)
- Ed-Ventures Day Care-Assist with kids ages 5-12 several times per week for 2-4 hours per time

### Adopt-A- Park

The Adopt-a-Park Program is designed to encourage partnerships between citizen groups and the City of New Brighton to help maintain and enhance parks and open space. This program is intended to be fun, educational and worthwhile. By participating, groups and individuals can take an active role in the beautification of their community.

Any individual or family, community organization, school, faith community, neighborhood, service club, youth group or business is encouraged to participate. We only require a minimum of four clean up visits to a park in a one year period.

All you have to do is select a park and apply with the New Brighton Parks and Recreation Department. For more information please contact Lesley at 651-638-2148 or check out www.newbrightonmn.gov. Other beautification or service projects upon approval are also available to those interested. Please remember that you must apply every year.

We would like to thank all of the service organizations and families below who constantly help beautify the trails and Parks within the City of New Brighton. If you see these individuals within the community, please be sure to thank them for their dedication.

Organization	Leader	. Park Adopted
New Brighton Ambassador Program	Ann Maile	Totem Pole
3		Freedom Parks
NB/MV Rotary Club	Amy Wakem	Sunny Square Park
Amy Wakem-State Farm	Amy Wakem	Creekview Park
Hypertherm	Caroline Lassche	Silver Oaks Park
Friends of Pike Lake Trail	Judy Prentis	Pike Lake Trail

# Community Center Gardening Group

Do you have a green thumb, enjoy the outdoors and digging in the dirt? We are looking for a group of volunteers to get involved in taking ownership and pride in maintaining the seasonal flower pots at the community center, local parks, summer weeding and some larger landscaping projects. This is a perfect opportunity for a business team, scout/church groups or senior housing residents, who don't have access to gardening opportunities to get involved. Interested? Call Lesley at 651-638-2148 or email at lesley.young@newbrightonmn.gov. Some supplies/tools needed are included however you are welcome to bring your own. Projects and maintenance plans are already in place and can be assigned at your convenience.



National Volunteer Week, April 10-16, 2016

National Volunteer Week is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their communities. It's about demonstrating to the nation that by working together, we have the fortitude to meet our challenges and accomplish our goals. The New Brighton Parks and Recreation would like to take this opportunity to thank all of those who have contributed volunteer hours to our department in 2015. By sharing your time and talents, you help our staff in delivering services to improve the quality of life here in New Brighton and beyond.



# New Eagles Nest!

The Parks and Recreation Department is in the early planning stages to replace the Eagles Nest Indoor Playground. After almost 14 year of use and more than 700,000 youth enjoying the current structure, replacement with a new and even more exciting playground is in the works. The hope is to replace the structure in late summer/early fall of 2016. Stay tuned!

Children will be thrilled to experience the fun at the Eagles Nest Indoor Playground. Imaginations will run wild as they leap into the ball pit, climb the 8 ft. climbing wall, zoom down more than 75 feet of slides and find their way through the wiggle waggles and the foam forest!

A large toddler area is available for the little ones age 3 and under. Complete with its own colorful ball pit, challenging climbing structure, reading corner and many other activities geared toward the development of toddlers. Feel free to bring your own snack for the picnic area.

### Hours

Monday-Saturday 9:00 am-8:00 pm

Sunday

11:00 am-5:00 pm

\* Socks must be worn in the Eagles Nest

### Admission

- \$5.50 (children 12 months to 12 years)
- Twilight Special: \$3 admission after 6:00 pm (Monday–Friday only)
- No charge for parents and caregivers
- · Complimentary lockers
- Youth Punch Pass \$55 (12 visits for the price of 10)
- Youth Membership Enjoy unlimited play (see page 4 for current pricing)

# Adventure Days

Here is an option for those special school release days: bring your children to the Eagles Nest and gymnasium for an Adventure with fun games, activities and so much more! Turn an ORDINARY day into an EXTRAORDINARY day filled with adventure! Eagles Nest admission is required.

In addition to fun and games, a representative from Usborne Books & More will be hosting a book fair during the Adventure Days.

Friday, March 18, 10:00 am-2:00 pm

### **Promote Healthy Children**

Our staff works hard to keep the Eagles Nest Indoor Playground free of bacteria for children and parents. Please help us by keeping children who have recently been sick from entering the play area until 48 hours after the last sign of symptoms. With your help we can keep children healthy.

# **Eagles Nest Group Rate**

A discounted rate is available for groups of more then 10 children Tuesday–Friday. Please call 7-10 days in advance to receive the discount. Call 651-638-2127 for more information.

# Preschool Open Gym Monday and Wednesday

Mark your calendar for some extra fun at the Eagles Nest! In addition to children burning off energy in the Eagles Nest, they can play and have fun in the gymnasium too. Preschool open gym includes the use of preschool gym equipment as well as playtime in the Eagles Nest Indoor Playground. All children must be supervised by an adult and have a wristband visible to staff.

Gymnasium A Monday & Wednesday 10:30 am-1:30 pm Included with admission to the Eagles Nest Indoor Playground (\$5.50/child). There is no fee for parents/guardians. Program not held on holidays or nonschool days.



# BIRTHDAY PARTIES

Are you stressed out over planning your child's next birthday party? Let the Eagles Nest Indoor Playground help take the worries away by choosing one of our many party packages. It's quick and easy, and your child will have a birthday party to remember. Dates fill very quickly, so reserve your party in advance by calling 651-638-2127. Please have a Visa, MasterCard or American Express card ready to place an initial payment for the party. The payment is due at the time of booking and is applied towards your final bill.

# **Birthday Party Cancellation Policy**

*In the event of cancellation of a party, the following fees will apply:* 

"No Frills" and "Exclusive Use" – If the party is rescheduled within two months of the cancellation date, a cancellation fee will not be applied to the account. If a date has not been rescheduled within two months of the cancellation date, the account will forfeit half of the down payment.

"Cake and Play" and "Works" – If the party is cancelled more than four business days in advance of the party and is rescheduled within two months of the cancellation date, a cancellation fee will not be applied to the account. *If the party has not been cancelled more than four business days in advance* or is not rescheduled within two months of the cancellation date, the account will forfeit half of the down payment.

\*Please note that the food provided in our birthday party packages may contain traces of nuts & nut oils or may have been made alongside other products containing nuts. The Eagles Nest Indoor Playground cannot be held responsible for any issues resulting from food allergies.

# **Birthday Party Policy**

A room reservation is required to have a birthday party at the Eagles Nest Indoor Playground. To eliminate any confusion, a birthday party is defined as having any of the following items:

- Gifts
- Party favors
- Balloons
- *Cake or cupcakes*
- Decorations or accessories (including tablecloths & paper products)

You and your guests are welcome to stay and play, but if you do not have a room reservation the above items listed must remain at home or in your vehicle and not in the New Brighton Community Center. The lobby tables are not available for drop-in birthday parties.

Thank you for your cooperation!



# **Need Something Extra?**

# Late to the Party?

Reservations made less than 3 business days prior to the scheduled party will be charged a \$25 reservation fee.

### "No Frills"

- \$100 plus tax, includes admission for up to 8 children
- · Payment due at the time of booking
- 9 children or more an additional \$5.50 each
- No charge for adults
- · 2 hour private room rental
- · Unlimited play in the Eagles Nest
- Feel free to bring in your own food and paper products

# "Weekday Birthday Blitz" (Monday-Thursday, March-May Only)

- \$50 plus tax, includes admission for up to 5 children
- · Payment due at the time of booking
- 6 children or more an additional \$5.50
- No charge for the adults
- 3 hour private room rental
- Unlimited play in the Eagles Nest
- · Feel free to bring in your own food and paper products

# "Summer Birthday Blitz" (Sunday-Friday, June-August Only)

- \$50 plus tax, includes admission for 5 children
- Payment due at the time of booking
- 6 children or more an additional \$5.50
- No charge for adults
- · 3 hour private room rental
- Unlimited play in the Eagles Nest
- · Feel free to bring in your own food and paper products

# "Cake n' Play"

- \$120 plus tax, includes admission for up to 8 children
- Payment due at the time of booking
- · 9 children or more an additional \$15 each
- \$3 per adult
- · 2 hour private room rental
- · Unlimited play in the Eagles Nest
- · Decorated birthday cake, themed cakes available for an additional fee
- · Candles & matches
- Beverages
- Paper products
- · Eagles Nest T-shirt for the birthday child

### "Works"

- \$136 plus tax, includes admission for up to 8 children
- Payment due at the time of booking
- 9 children or more an additional \$17 each
- \$6 per adult
- · 2 hour private room rental
- · Unlimited play in the Eagles Nest
- · Decorated birthday cake, themed cakes available for an additional fee
- · Candles & matches
- Beverages
- Paper products
- · Eagles Nest T-shirt for the birthday child

# "Exclusive Use" (Sunday Only)

- \$210 plus tax, includes admission for up to 25 children
- · Payment in full required at the time of booking
- 9:00-11:00 am or 5:30-7:30 pm
- 26 children or more an additional \$5.50 each
- · No charge for the adults
- Private room rental
- · Exclusive use of the Eagles Nest
- Feel free to bring in your own food and paper products

# ids Pance

Dancers should wear a leotard and tights or clothing that is comfortable and easy to move in. All dancers will need tap and ballet shoes. If you need shoes, they will be available for purchase the first week of class from the dance instructor (tap shoes \$24, ballet shoes \$16). Please call Pat Tuma at 651-638-2123 if you have questions regarding the dance program. Classes run 7 weeks.

### Hop N' Tots

### **Preschool Age 3**

A 45 minute, high-energy class that focuses on improving rhythm, balance and coordination. Through the use of props such as tambourines, scarves and pompoms, your child will learn basic beginning tap and ballet steps while having tons of fun. The last class will be a performance for parents, grandparents and family friends. Class meets for 7 times. Min. 8 Max. 16

Community Center	Room 100
Wednesday	June 15-July 27
6:00 pm-6:45 pm	Age 3
#13559	\$61

### **Creative Dance**

### Preschool Ages 4 & 5

This 45 minute, high-energy class will focus on improving rhythm, balance and coordination while introducing your child to basic beginning tap and ballet steps. The class is focused on learning proper terminology and skills while having tons of fun. The last class will be a performance for parents, grandparents and family friends. Class meets for 7 times. Min. 8 Max. 16

Room 100
June 15-July 27
Ages 4 & 5
\$61

### Kinder Dance

### Kindergarten

In this fun-filled class, dancers will work on building a good foundation of the basics of tap, jazz and ballet. This 45-minute class will focus on proper technique, learning basic choreography and creative movement. The last class will be a performance for parents, grandparents and family friends. Class meets for 7 times. Min. 8 Max. 16

Community Cente	r Room 100
Wednesday	June 15-July 27
6:45 pm-7:30 pm	Ages 5-6
#13562	\$61

# Tap, Jazz and Ballet – Level 1 **Grades 1 - 2**

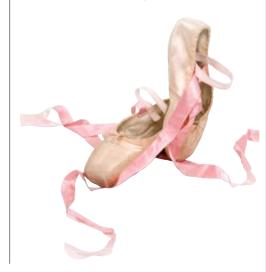
In this class, students will learn a variety of dance skills in the areas of tap, ballet and jazz. We will focus on improving flexibility, learning choreography, as we continue to add to and expand our basic set of dance skills. The last class will be a performance for parents, grandparents and family friends. Class meets for 7 times. Min. 8 Max. 16

Community Center	Room 100
Wednesday	
6:45 pm-7:30 pm	Ages 6-8
#13563	\$61

# Tap, Jazz and Ballet – Level 2 Grades 2-5

In this class, students will learn a variety of dance skills in the areas of tap, ballet and jazz. We will focus on improving flexibility, learning choreography, as we continue to add to and expand our basic set of dance skills. The last class will be a performance for parents, grandparents and family friends. Class meets for 7 times, Min. 8 Max. 16

Community Center	Room 100
Wednesday	June 15-July 27
5:15 pm-6:00 pm	Ages 7-11
#13564	





### **Little Tigers Martial Arts**

#### Ages 3-6

This exciting class is where children learn basic self-defense and martial arts skills while developing coordination and flexibility. Basic kicks, punches and strikes are taught through a variety of exercises and fun games. This program promotes focus, discipline and respect, great personal tools to carry into the future. The class is taught by martial arts instructor, Josh Jordan. Josh has seven years of experience teaching children and is a certified 2nd Degree black belt instructor. The intermediate level is for children who have previously taken the beginning class and have the instructor's approval to move up. Class meets for 6 weeks. Min. 4 Max. 12

### Reginners

beginners
Community Center Room 216 MondayApril 18-May 23 5:15 pm-6:00 pmAges 3-6 #13547\$54
Community Center Room 216 MondayApril 18-May 23 6:00 pm-6:45 pmAges 3-6 #13548\$54
Community Center Room 216 MondayJune 13-July 25 (No class July 4) 5:15 pm-6:00 pmAges 3-6 #13549\$54
Community Center Room 216 MondayJune 13-July 25 (No class July 4) 6:00 pm-6:45 pmAges 3-6 #13550\$54
Intermediate (Instructor approval

# required)

<b>Community Center</b>	Room 216
Thursday	
5:15 pm-6:00 pm	Ages 3-6
#13551	\$54

Community Center Room 2	16
ThursdayJune	16-July 28
(No class July 7)	
5:15 pm-6:00 pmAges	3-6
#13552\$54	





### "Kickers" Karate

### **Ages 7 through Adult**

American Tae-Kwon-Do Karate for boys and girls ages 7 and up. This program is designed to teach children self-defense, safety awareness and teamwork, while increasing flexibility. Students will be introduced to and focus on developing the basic fundamentals of kicking, punching, blocking and defense techniques. The teen and adult class is an excellent opportunity to work out as a family. Karate instructors, Rhonda and Darren Bitzer, have been involved in Martial Arts in New Brighton for 20 years. Rhonda currently holds the rank of Black Belt. Participants should wear loose comfortable clothing. Spring session is 9 weeks and summer session is 10 weeks. Min. 8 Max. 18

Community Center	Fitness Studio
Monday	March 28-May 23
\$75	

6:15 pm-7:15 pmAges 7-11 #13329Beginner	
7:15 pm-8:15 pmAges 7-11 #13331Colored Belts	
7:15 pm-8:15 pm Ages 12-Adult	

7:15 pm-8:15 pm	
#13333	Teen/Adult Beg. &
	Colored Belt

Community Center	Fitness Studio
Monday	June 13-August 22
(No class July 4)	3
\$83	

6:15 pm-7:15 pm #13553	
7:15 pm-8:15 pm	. Ages 7-11
#13555	. Colored Belts
7:15 pm-8:15 pm	. Ages 12-Adult
#13557	. Teen/Adult Beg. &

Colored Belt

# Girls and Boys Gymnastics

This is a gymnastics program for boys and girls, ages four and up. This program includes tumbling, balance beam, uneven bars and vault. Instructor ratio is 1 to 7. Parents are welcome to come into the gym to watch the first and last class. Spring sampler session meets 4 times. Summer session meets 7 times. Min. 6 Max. 28

### Tumble Bees

### Ages 4 through Kindergarten

Participants will work on beginning tumbling skills and will also learn basic skills on the balance beam, uneven bars and vault. Skills learned will help develop large muscle tone and coordination.

## Leapers

#### Grades 1-5

This level is for children in elementary school with little or no gymnastics experience. Participants will be exposed to beginning gymnastics skills on various pieces of apparatus to help improve their balance, strength and coordination.



### Cartwheelers

#### Grades 1-5

This level is for children currently in elementary school with at least one year of gymnastics experience and exposure to various pieces of apparatus. Participants must be able to perform a cartwheel and a pull over on the bar. Intermediate skills will be introduced.

# **Springers & Teens**

### Grades 3 and up

This level is for participants with a more advanced skill level who have their instructor's approval. Participants will focus on perfecting their form and technique, while learning more advanced skills. Participants will work on skills to increase strength, flexibility and endurance.

Spring Sampler Session ....Irondale Gymnastic Gym Monday.....April 18-May 9 \$35

#13313	6:00 pm-7:00 pm	Tumble Bees	Ages 4-Grade K
#13315	7:00 pm-8:00 pm	Leapers	Grades 1-5 (Beginning)
#13317	8:00 pm-9:00 pm	Cartwheelers	Grades 1-5 (Intermediate)
#13319	8:00 pm-9:00 pm	Springers & Teens	Grades 3 and up (Advanced)

Summer Session ........ Irondale Gymnastic Gym Monday ......June 13-August 1 (No class July 4)

#13565	6:00 pm-7:00 pm	Tumble Bees	Ages 4-Grade K
#13567	7:00 pm-8:00 pm	Leapers	Grades 1-5 (Beginning)
#13571	7:00 pm-8:00 pm	Cartwheelers	Grades 1-5 (Intermediate)
#13569	7:00 pm-8:00 pm	Springers & Teens	Grades 3 and up (Advanced)



### What is Ed-Venture Care?

Ed-Venture Day Care is a great opportunity for your child to spend a wonderful summer learning and having fun in an outdoor park setting. Qualified, caring teachers and recreation leaders will provide day-long programs and activities while maintaining a low staffto-child ratio. Your child can choose from special activity classes, Tuesday/Thursday swimming, sport lessons, camps, computer time and special trips. You may register your child for 1-5 days per week. Program also has flexible days and ½ days available for \$20 per day.

Call 651-638-2130 for an information packet and registration form. The New Brighton Parks and Recreation Department would like to offer your child a full day of continuous care, enrichment and recreation programs held at the Freedom Park Neighborhood Center (14th ST and Silver Lake RD). Register your child for the grade they will be in the fall of 2016. Half-day rates are available Monday-Thursday (am or pm) for families attending summer school or needing more flexibility. Sign up for only the days you need!

### Eagles Nest Indoor Playground

We will visit the Eagles Nest during the summer to play. Mini trips are also planned to the Ramsey County Library, New Brighton Branch, local parks and playgrounds.

### Computer Learning & Entertainment

Kids will have the opportunity to use a variety of fun, educational programs on the computers throughout the summer and enjoy several "kid day" movies at the Mounds View theater.

### **Swimming**

We will swim Tuesday and Thursday afternoons at Highview Middle School. During August, we will visit the St. Anthony wading/play pool.

### **Educational/Adventure Trips**

We will take weekly trips to a variety of "fun" educational, recreational, cultural and historic destinations throughout the metro area. Most trips are on Friday. There is no additional fee for Friday trips.

### Weekly Theme & Parent Newsletter

Each week we will follow a new and exciting theme throughout the summer. Activities, games, craft projects and special events relate to each theme. Each week parents receive an emailed newsletter with photo's recapping the week's activities and takes a glance at the week to come.

### Swim and Sport Lessons

New Brighton Parks and Recreation will offer a variety of summer classes such as swimming instruction, tennis lessons, basketball camps and karate for an additional fee

### Outdoors at our fingertips

Freedom Park has a full size adult softball field, biking trails, level one climbing wall, playground equipment, tennis courts and a basketball court. It is filled with mature shade trees and a picnic site.

# Craft, Cooking & Science Classes

Each year our staff put together a variety of fun activities for kids. Participants will enjoy creative art classes, puppetry, creative dramatics, fitness, gardening, cooking, science projects and much more!

### **Ed-Venture Child Care**

Freedom Park Neighborhood Center (14th St. & Silver Lake Rd.) Monday-Friday ......June 13-Sept. 1 (Program does not meet July 4) 6:30 am-6:00 pm ...... Grades K-6 Registration Fee .....\$50 per child Daily Fee .....\$36



New Brighton Parks & Recreation T-Ball and Coaches Pitch programs are non-competitive and designed for participants to learn basic skills, rules and of course, to have fun. Both Leagues participate with our City Partners; Arden Hills, Mounds View, and Shoreview. All players will receive equal playing time participating in practices and games. Volunteer coaches will contact parents with team assignments and schedules after the May 24 coaches meeting. Please register by April 29; teams are filled on a first-come, first-serve basis. Limited space may be available after April 29. Fee includes: t-shirt and end of the season ice cream social. Team and individual photos will be available for an additional fee. Please indicate t-shirt size when registering.

### Mini Sluggers T-Ball

Is your 4-5 year old looking to build their skills and join a team? This learning based league is designed to teach t-ball skills such as batting, catching, throwing, running bases, and teamwork. Team practices will be held on Tuesdays and games will be held on Thursdays. We are introducing this as a progressive league. A progressive league is a league that dedicates the last 2-3 weeks to having games on both Tuesday and Thursday. Games are non-competitive and focus on learning and enjoying the game. Children must be 4 years old in spring of 2016 to participate in this program.

Last day to register April 29 Hansen Park #2 & Silver Oaks Fields Tues & Thurs .....June 2-July 28 (No T-Ball July 5, July 7) Evenings ......4-5 year olds #13469 Fee by April 29, \$54 Fee April 30 or later, \$74 \*\*New Pitching Machine will be used this vear

### Lil Sluggers & Sluggers Coaches Pitch Baseball

This program is an ideal transition from t-ball to baseball. This program is dedicated to providing a fun first environment where players can learn to play the game of baseball without the added pressure of competition. Our starting rotation and bullpen of coaches will pitch soft Incrediballs to the players. All strikes of course. K-1 Teams will practice on Tuesday evenings and have games on Thursday evenings and 2-3 grade teams will practice Monday and play on Wednesday. We are introducing both leagues as a progressive league. A progressive league is a league that dedicates the last 2-3 weeks to having games on both Monday and Wednesday or Tuesday and Thursday. Children must have been in Kindergarten or 2nd grade in spring of 2016 to participate in these programs.

Last day to register April 29 Hansen Park #1 & Totem Pole Park **Baseball Fields** Monday & Wednesday......June 1-July 27 (No Baseball July 4, July 6) Evenings ......2 & 3 Grade, Co-Rec #13471 Fee by April 29, \$54 Fee April 30 or later, \$74 \*\*New Pitching Machine will be used this year

Last day to register April 29 Hansen Park #1 & Totem Pole Park Baseball Fields Tuesday & Thursday.... June 2-July 28 (No Baseball July 5, July 7) Evenings ......Kindergarten & 1 Grade, Co-Rec #13470 Fee by April 29, \$54 Fee April 30 or later, \$74 \*\*New Pitching Machine will be used this

- All games will be umpired by coaches.
- You may request to be on a team with a friend, but that friend must request you as well. All requests must be written on the registration form.
- NO requests, roster changes, or refunds will be given after the April 29 deadline.
- Game and practice times will vary.

### Volunteer Coaches Needed

New Brighton Parks and Recreation is looking for volunteer coaches and assistant coaches for the T-Ball and Coaches Pitch. Never coached before? No problem, all the resources and help you need will be given to you. A coaches meeting will be held Tuesday, May 24 at the New Brighton Community Center. If you are interested, please indicate at registration or contact: Tanya Baker at 651-638-2136, tanya.baker@newbrightonmn.gov.

- 6:00 pm-6:30 pm Mini Sluggers T-Ball
- 6:45 pm-7:15 pm Lil Sluggers & Sluggers Coaches Pitch

# IN-HOUSE SOCCER

The soccer program is coordinated through the New **Brighton Parks and Recreation** Department. League play also includes teams from Arden Hills, Shoreview, Mounds View, Roseville and Fridley. Grade levels are based on grade entering Spring of 2016.

### Practice/Game Information

- Practice and game times will be determined after teams are formed. Coaches will notify players of the meeting time and field location one week prior to the first practice.
- At the first practice, coaches will distribute the equipment as well as practice and game schedules.
- Summer practices will be held on Monday or Tuesday, with games on Wednesday or Thursday evenings. Fall practices will be held on Tuesday or Thursday evenings, with games Saturday mornings. Practices and games will be held at various parks in New Brighton and neighboring cities.

# Summer

### **April 29, Registration Deadline**

\$54	Fee by April 29 without ball
\$74	Fee by April 29 with ball
\$72	Fee April 30 or later without ball
\$92	Fee April 30 or later with ball

Divisions	Age	Day	Dates	Activity #
Mini Mites	Preschool (Ages 4-6)	Mondays	June 6-July 25	#13477
Mites	Grades 1-2	Mon/Wed	June 1-July 27	#13478
Squirts	Grades 3-4	Tues/Thurs	June 2-July 28	#13479
PeeWee	Grades 5-6	Mon/Wed	June 1-July 27	#13480
<b>Bantams</b>	Grades 7-8	Tues/Thurs	June 2-July 28	#13481
No Soccer J	uly 4, 5, 6, 7			

# Fall

### July 31, Registration Deadline

\$54.	July 31 or before without jersey
\$74	July 31or before with jersey
\$72.	August 1or later without jersey
\$92	August 1or later with jersey

Divisions	Age	Day	Dates	Activity #
Mini Mites	Preschool (Ages 4-6)	Saturday	Sept. 10-Oct. 15	#13503
Mites	Grades 1-2	Saturday	Sept. 10-Oct. 15	#13504
Squirts	Grades 3-4	Saturday	Sept. 10-Oct. 15	#13505
PeeWee	Grades 5-6	Saturday	Sept. 10-Oct. 15	#13506

# **Pre-Season Coaches Meetings**

**New Brighton Community Center** 

#### Summer

Tuesday, May 24

- 6:00 pm-6:30 pm Mini Mites & Mites
- 6:45 pm-7:15 pm Squirts, PeeWee, & Bantams

#### Fall

#### Tuesday, August 16

- 6:00 pm-6:30 pm Mini Mites & Mites
- 6:45 pm-7:15 pm Squirts, PeeWee, & Bantams

Coaches will receive information on how to run a successful practice, soccer drills, techniques and building self-esteem in young players.

### Parents, Family & Friends

We need your help! Call Tanva Baker at 651-638-2136 to volunteer to coach. Coach Apprentice: Teens 15 years and older can help coach a team.

The soccer program would not be available without the help of volunteer coaches needed for each team. Join the team and become part of someone's favorite childhood memory! Haven't coached before? Don't sweat it, all the resources and help you need will be given to you.

# Important, Read Before Soccer League Registration

- Co-rec teams will be assigned randomly by the league director.
- All players must wear shin guards.
- You may request to be on a team with one friend, but that friend must request you also. No chain or coach requests will be honored. All requests must be written on the registration form.
- Requests, roster changes or refunds will not be honored after registration deadlines.
- Every attempt is made to organize teams by school or neighborhoods.



### **Private Soccer Lessons**

Customized personal instruction for players ages 8 and over, wanting to learn or refine soccer skills, or enter a more competitive level of play. Based on instructor and facility availability, we will pre-arrange times to fit your schedule. Coach: Kelli Reasoner holds a degree in Exercise Science and coaching license from the United States Soccer Federation (USSF-soccer governing body for the United States). She has played college soccer, semi-professionally in the USA and professionally overseas.

Progressive Session Criteria:

- Foot skills/ball work
- Agility and speed
- Plyometrics
- Skills training (dribbling, passing, shooting, and control)
- Initial Assessments/Evaluations
- Progress reports
- Home workout/Home work

#13515.....\$126 Three 30-minute lessons = 90 minutes. Lesson times may not be altered.

#13516.....\$246 Six 30-minute lessons = 180 minutes.

Lessons times may be combined to three 60-minute lessons, no more or less as each lesson plan is designed to build off the other. Single 30 minute lessons ala carte or added to your package can be purchased for (\$65) or 60 minute for (\$85) each.

For more information, schedules and registration contact: Tanya.Baker@newbrightonmn.gov 651-638-2136 or Patrice.Atkinson@newbrightonmn.gov 651-638-2143

### **Private Basketball Lessons**

Customized personal instruction for players ages 5 and over, wanting to learn or refine basketball skills or enter a more competitive level of play. Based on instructor and facility availability, we will pre-arrange times to fit your schedule.

Progressive Session Criteria:

- Defense
- Agility and speed
- Plyometrics
- · Skills training (dribbling, passing, shooting, and control)
- Basketball IO

#13520.....\$126 Three 30-minute lessons = 90 minutes. Lesson times may not be altered.

#13521.....\$246 Six 30-minute lessons = 180 minutes.

Lessons times may be combined to three 60-minute lessons, no more or less as each lesson plan is designed to build off the other. Single 30 minute lessons ala carte or added to your package can be purchased for (\$65) or 60 minute for (\$85) each.

For more information, schedules and registration contact: Tanya.Baker@newbrightonmn.gov 651-638-2136 or Patrice.Atkinson@newbrightonmn.gov 651-638-2143

### NFL Youth Flag Football

Youth in grades K-6 divisions: K-2, 3-4, 5-6 will be introduced to football in an instructional, fun and non-contact manner. Participants will learn the basic fundamentals including passing, catching, punting and offensive and defensive strategies. The season will consist of 6 weeks and be run cooperatively with the City of Mounds View, Shoreview and Arden Hills.

### Deadline to Register Friday, July 29

Silver Oaks & Vermont Parks

Saturday 1:00 pm-3:00 pm #13517	
Fee by July 29 July 30 or later	
Silver Oaks & Vermon Saturday 1:00 pm-3:00 pm #13518	.Sept. 10-Oct. 15 .Grades 3-4
Fee by July 29 July 30 or later	
Silver Oaks & Vermon Saturday	

# Parents, Family & Friends Volunteer to coach

1:00 pm-3:00 pm.....Grades 5-6

Fee by July 29.....\$74

July 30 or later .....\$94

#13519

Call Tanya Baker at 651-638-2136 Coaches Meeting will be held on Tuesday, August 16 from 6:45-7:15 pm. Coach Apprentice -Teens 15 years and older can help coach a team.

# Track Program- Grades 4 & 5

The track program will run the month of May and is open to girls and boys in 4th and 5th grade. The six elementary schools within the Mounds View School District will participate in the track program with teachers from the schools serving as the coaches. This program is a cooperative effort between the school district and the parks and recreation departments in New Brighton, Arden Hills, Mounds View and Shoreview.

Events will include the long jump, triple jump, high jump, 6 lb. shot put, 60 meter dash, 100 meter dash, 200 meter dash, 400 meter run, 80 yard low hurdles, 4 X 100 meter co-rec relay, 4 X 200 co-rec relay and the 800 meter co-rec medley relay. There will be several track meets that will include both 4th and 5th graders as well as an end of season district meet for 5th graders. Program flyers and registration forms will be sent to the schools in mid-April.





# Level 1: Lil' Swingers Ages 4-6

# \$50

This exciting introductory tennis program is for children 4-6 years old. Emphasis will be on having fun, learning basic tennis skills and rules and developing hand/eye coordination. Racquets will be provided. Class is 45 minutes. Max. 6 per class.

### Level 2: Beginner

### Ages 7 +

### \$50

This class is for youth ages 7 and up who have little or no tennis experience and would like to learn basic grips, forehands, backhands, serves and tennis rules. Class is 55 minutes. Max. 8 per class.

### Level 3: Advanced

### Ages 7 +

### \$50

This class is for youth ages 7 and up who have completed Level 2 Beginner tennis or have some tennis experience. Individuals will review basic skills, learn more advanced skills such as power strokes match play, serves and strategy through games, drills and demonstrations. Class is 55 minutes. Max. 8 per class.

Session 1	
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<u>Hansen Park</u>	Tue. & Thur.	<u>May 10-26</u>
#13522	4:15 pm	Level 1 Lil' Swingers
#13529	5:00 pm	Level 2 Beginner
#13537	6:00 pm	Level 3 Advanced

### Session 2

Pike Lake Park	Mon. & Wed.	June 13-29
#13523	9:00 am	Level 1 Lil' Swingers
#13530	10:00 am	Level 2 Beginner
#13538	11:00 am	Level 3 Advanced
Hansen Park	Mon. & Wed.	June 13-29
#13525	6:00 pm	Level 1 Lil' Swingers
#13532	7:00 pm	Level 2 Beginner
#13539	8:00 pm	Level 3 Advanced
Hidden Oaks	Tue. & Thur.	June 14-30
#13524	9:00 am	Level 1 Lil' Swingers
#13531	10:00 am	Level 2 Beginner

### Session 3

Mon. & Wed.	July 11-27
9:00 am	Level 1 Lil' Swingers
10:00 am	Level 2 Beginner
11:00 am	Level 3 Advanced
Tue. & Thur.	July 12-28
5:30 pm	Level 1 Lil' Swingers
6:30 pm	Level 2 Beginner
7:30 pm	Level 3 Advanced
	9:00 am 10:00 am 11:00 am Tue. & Thur. 5:30 pm 6:30 pm

#### Session 4

<u>Hansen Park</u>	Mon. & Wed.	<u> </u>
#13528	9:00 am	Level 1 Lil'Swingers
#13535	10:00 am	Level 2 Beginner
#13542	11:00 am	Level 3 Advanced
Hansen Park	Tue. & Thur.	Aug. 2-Aug. 18
#13536	6:00 pm	Level 2 Beginner
#13543	7:00 pm	Level 3 Advanced

### Free Tennis Carnival

### Ages 4-8

The Youth Tennis "Carnival" FREE offers kids an opportunity to learn basic tennis skills in a fun environment using various stations and equipment designed especially for the young player. The "Carnival" is sponsored by New Brighton Parks and Recreation Department and the Northeast Tennis Association (NETS). Highview Middle School gym is located at 2300 7th St. NW. Take 694 and go south on Silver Lake Rd. and east on 7th St. Please register online or call 651-638-2130.

Highview Middle Scho	ol South Gym
Saturday	April 2
1:00 pm-2:30 pm	
#13544	Free
(Please Pre-Register)	

### **USTA Team Tennis**

### Ages 10-15

This is designated for boys and girls ages 10-15 who play at a level of advanced beginner or above (not beginner). Team tennis will include practices and matches to help you develop your skills, whether you just want to have fun or would someday like to play high school tennis. Both home and away matches will be played with Roseville, Shoreview and White Bear. Transportation to away matches will be provided via the park and recreation van. Cost includes: coaching, transportation to away matches and t-shirt. Min. 8 Max.18

Irondale High School	
Monday & Wednesda	yJune 13-July 25
(No class July 4)	
1:30 pm-3:30 pm	Ages 10-15
#13545	

### **Private & Semi-Private Tennis** Lessons

Take private lessons at any of the New Brighton tennis courts at a time that works for you. For those interested in individual instruction, the parks and recreation tennis staff will give private lessons for any skill level. You can also split a private lesson with a family member or friend. Call 651-638-2123 for scheduling information. Fee is payable to New Brighton Parks and Recreation. The maximum is 3 participants per lesson.

**New Brighton Tennis Courts** Day and time to be scheduled at your cońvenience #13546.....\$50 per hour



# Canoe and Kayak Paddling Camps

Anyone can paddle a boat, but to do it correctly means to go faster and farther! Youth ages 10-15 will learn the basic paddling strokes while playing games and exploring New Brighton's own beautiful Long Lake. We provide boats and paddles; participants bring a life preserver, swimsuit, towel, sunscreen, water bottle, snack and sweatshirt to each class. These active camps are co-sponsored by the Rice Creek Boat Club and the New Brighton Parks and Recreation Department and are taught by highly skilled, experienced paddling instructors. In the event of inclement weather, families should call the cancelation hotline number at 651-638-2141.

# Intro to Kayak (4 Weeks) Saturday Class-Ages 12-15

Learn to kayak! Have fun as you learn flat water kayaking which includes good paddling technique and safe boating practices. Min. 8, Max. 12

Long Lake Boat Laun	ch
Saturday	June 4-25
9:00 am-10:30 am	\$75
#13840	

# Intro to Canoe (4 Weeks) Saturday Class-Ages 12-15

Learn to canoe! Have fun as you learn flat water canoeing which includes good paddling technique and safe boating practices, Min. 8, Max. 12

Long Lake Boat Launch
SaturdayJune 4-2
10:30 am-12:00 pm \$75
#13841

# **Beginning Canoe Paddling Camp** Ages 10-13

Learn to canoe! Have fun as you learn flat water canoeing, good paddling technique and safe boating. Min. 8 Max. 12

Long Lake Boat Launch	
Monday-FridayJuly 1	8-22
3:00 pm-4:30 pm\$75	
#13838	

# **Beginning Kayak Paddling** Camp

### Ages 10-13

Learn to kayak! Have fun as you learn flat water kayaking, good paddling technique and safe boating practices. Min. 8 Max. 12

Long Lake Boat Launch
Monday-FridayJuly 11-15
3:00 pm-4:30 pm\$75
#13836

# **Intermediate Kayak Paddling** Camp

### Ages 12-15

Teens have fun on the water as they review the basic skills taught in the beginning kayak course, learn more advanced kayak strokes and paddle longer distances. Min. 8 Max 12

Long Lake Boat Launch
Monday-FridayJuly 11-15
5:00 pm-6:30 pm\$75
#13837

# **Intermediate Canoe Paddling** Camp

### Ages 12-15

Teens have fun on the water as they review basic skills, learn more advanced canoe strokes and paddle longer distances. Min. 8 Max. 12

Long Lake Boat	Launch
Monday-Friday.	July 18-22
5:00 pm-6:30 pn	n\$75
#13839	



# Soccer Mini Camps

Ages 3-7

\$54

A great introduction to the fun and exciting game of soccer! Youth ages 3-7 will develop coordination using large muscles, and learn basic soccer skills, rules and strategies. This is a great camp for kids just learning to play soccer or kids that need another season of skill development before registering for the In-house league. Min. 6 Max. 24

# Sunday Night Football Grades K-5

\$54

Down-Set-Hike! Welcome to training camp for fall flag football! Children will be introduced to football fundamentals through drills and games. Passing, catching, and focus on offensive and defensive strategies to ensure a successful flag football season. Min. 6 Max. 24

# Soccer Agility Training

Ages 7+

\$54

Agility training allows players to practice techniques while improving their overall fitness, coordination, explosiveness, and quickness. Players will develop ball control, foot reaction, balance, timing, flexibility, and endurance. Youth ages 7 and up will have a great opportunity to sharpen soccer skills, review soccer rules and strategies, while making new friends and having fun. Min. 6 Max. 24

# Outdoor Basketball Skills Camp Grades K-5

\$54

Drop Step! Pivot! Jump Stop! Youth will learn and improve their basketball fundamentals, while learning more about the game, and having fun. The camp is designed so that each and every participant, whether a beginner or a veteran will increase both his/her skill level and knowledge of basketball. This camp will prepare participants for years and years to come. Min. 6 Max. 24

# Competitive Soccer

Ages 7+

\$54

Experienced soccer players will work to enhance their overall fitness, coordination, and explosiveness through conditioning, plyometrics, strength exercises, and agility training. Players will learn and develop their skills and tactical strategies. Game play will be incorporated into each day. Min. 6 Max. 24

# T-Ball Round-Up Entering Kindergarten

\$54

Home Run! Boys and girls will have fun while practicing basic baseball skills such as batting, catching, throwing, and running bases. Through games and drills, skills will be developed that will be used for the rest of their baseball careers. Min. 6 Max. 24

27/6					
Million			Youth	Activities _	
				_	
			Spring Soccer		
			Highview Middle School (No Camp May 5, May 28)		
	Mini Camp	Ages 3 & 4	Thursday, April 7-May 19	6:00-6:45 pm	13274
	Mini Camp	Ages 3 & 4	Saturday, April 23-June 4	8:30-9:15 am	13275
	Mini Camp	Ages 5, 6 & 7	Thursday, April 7-May 19	6:45-7:45 pm	13276
	Mini Camp	Ages 5, 6 & 7	Saturday, April 23-June 4	9:15-10:15 am	13277
	Agility Training	Ages 7+	Thursday, April 7-May 19	7:45-8:45 pm	13280
	Competitive Soccer	Ages 7-10	Saturday, April 23-June 4	10:15-11:15 am	13288
	Competitive Soccer	Ages 11-14	Saturday, April 23-June 4	11:15-12:15 pm	13290
			Summer Soccer		
		(Ne	Hansen Park Ice Rinks o Camp July 4, July 5, July 7)		
	Mini Camp	Ages 3 & 4	Monday, June 13-July 25	5:30-6:15 pm	13458
	Mini Camp	Ages 5, 6 & 7	Monday, June 13-July 25	6:15-7:15 pm	13459
	Agility Training	Ages 7+	Monday, June 13-July 25	7:15-8:15 pm	13464
	Mini Camp	Ages 3 & 4	Tuesday, June 14- July 26	9:30-10:15 am	13456
	Mini Camp	Ages 5, 6 & 7	Tuesday, June 14- July 26	10:15-11:15 am	13457
	Agility Training	Ages 7+	Tuesday, June 14- July 26	11:15-12:15 pm	13465
	Mini Camp	Ages 3 & 4	Tuesday, June 14- July 26	5:45-6:30 pm	13460
	Mini Camp	Ages 5, 6 & 7	Tuesday, June 14- July 26	6:30-7:30 pm	13461
	Mini Camp	Ages 3 & 4	Thursday, June 16-July 28	6:00-6:45 pm	13462
	Mini Camp	Ages 5, 6 & 7	Thursday, June 16-July 28	6:45-7:45 pm	13463
		S	unday Night Football		
			Hansen Park Ice Rinks (No Camp July 3)		
	Skills Camp	Grades K-2	Sunday, June 12-July 24	3:00-4:00 pm	13467
	Skills Camp	Grades 3-5	Sunday, June 12-July 24	4:00-5:00 pm	13468
		E AND S	A COLUMN TO SERVICE AND ADDRESS OF THE PARTY	100	AR. P
		Outdo	or Basketball Skills Camp	)	
			Freedom Park (No class July 4, July 6)		
	Skills Camp	Grades K-2	Monday, June 13-July 25	10:00-11:00 am	13448
	Skills Camp	Grades 3-6	Monday, June 13-July 25	11:00-12:00 pm	13451
	Skills Camp	Grades K-2	Wednesday, June 15-July 27	10:00-11:00 am	13449
	Skills Camp	Grades 3-6	Wednesday, June 15-July 27	11:00-12:00 pm	13452
	Skills Camp	Grades K-2	Sunday, July 31-September 4	2:45-3:45 pm	13450
	Skills Camp	Grades 3-6	Sunday, July 31-September 4	4:00-5:00 pm	13453
		100	THE RESERVE OF THE PARTY OF THE		DAY SHE
			T-Ball Round-Up		
T.			Hansen Park Field (No Camp July 6, July 7)		
AND THE RESIDENCE AND ADDRESS OF THE PARTY O	T D . II D	F. L. J IV	Made and av June 15 July 27	6.00 7.00	12454

T-Ball Round Up

Entering K

T-Ball Round Up	Entering K	Thursday, June 16-July 28	6:00-7:00 pm	13455
Nowp	dahtan Darka ( Da	creation 400 10th St NIM No	W Drighton MALEE1	12 90 10

6:00-7:00 pm

Wednesday, June 15-July 27

13454





# Learn to Play the Guitar the Easy Way Ages 12 and Up

If you have always wanted to play the guitar, here is your chance. Learn to play chords, basic music notation, how to tune your guitar and play easy songs with simple to follow instruction. This class is designed for those who have little or no experience playing the guitar. Participants are required to bring their own guitars (electric or acoustic) or they can request to borrow one from the instructor. Class is not designed for bass guitar. Instructor, Michael May, has been teaching and performing and studying the guitar for over 30 years. He is a graduate of Wayne State University in Detroit with a B.A. in Music. Classes run for 5 weeks. Min. 6 Max. 12

Community Center 209

Tuesday ...... March 29-April 26 6:00 pm-6:45pm.....Ages 12 and Up #13574.....\$89

Community Center 208

Tuesday.....May 3-May 31 6:00 pm-6:45pm.....Ages 12 and Up

#13575.....\$89



### To get a printable course map go to: www.newbrightonmn.gov Click the following tabs: City Maps, Map Gallery, Park Maps.

# ENJOY DISC GOLF AT HANSEN PARK

In addition to being a great location for a group picnic, rental opportunity, or a walk through the woods, Hansen Park is also a great location to play disc golf (aka Frisbee golf). The 12 hole disc golf course is scattered through mature trees, has open spaces with other areas more tight and wooded. The course is ideal for families, kids and adults. The course contains chain baskets and cone/ saucer baskets, which are not seen on many courses, adding an entirely new challenge. Hole distances range from 145 feet to 358 feet. Discs specially designed for disc golf or any regular Frisbee can be used to play the game. Concrete tee pads, retaining walls and wood chipped features add to the enhancement of this course. Public Par: 39 / Pro Par: 36.



The State of MN has 167 disc golf courses. Did you know City Pages named the City of New Brighton's Hansen Park Disc Golf Course as the best disc golf course in the **Twin Cities?** 



### Adult & Teen "Kickers" Karate

### Ages 12 and Up

American Tae-Kwon-Do Karate for teens through adults. Students will be introduced to and focus on developing the basic fundamentals of kicking, punching, blocking and defense techniques. This program is designed to teach teens and adults self defense, safety awareness and how to work with others. Activities increase muscle strength and flexibility. Karate instructors, Rhonda and Darren Bitzer, have been involved in Martial Arts for over 15 years. Rhonda currently holds the rank of Black Belt. Participants should wear loose comfortable clothing. Spring session is 9 weeks, summer session is 10 weeks. Min. 8 Max. 18

Community Center I	Fitness Studio
Monday	March 28- May 23
7:15 pm-8:15 pm	
#13333	
Beg. & Colored Belt	
-	

Community Center Fi	tness Studio
Monday	June 13- August 22
(No class July 4)	
7:15 pm-8:15 pm	Ages 12-Adult
#13557	
Beg. & Colored Belt	

### First Aid/CPR/AED

This Red Cross course teaches rescue skills for adults, children and infants including: rescue breathing, obstructed airway, CPR and Automated External Defibrillator (AED) skills. Upon successful completion, participants will receive an Adult CPR/AED, Child & Infant CPR certificate valid for two years and a First Aid certificate valid for three years. Min. 6 Max. 12

\*This course, or its online equivalent, meets the requirements for daycare providers.

Community Center 8:30 am-3:30 pm Full Course 1:00 pm-3:30 pm First Aid

Saturday #13606	May 14 \$89 CPR/AED/First Aid \$50 First Aid
Saturday #13607	June 18 \$89 CPR/AED/First Aid \$50 First Aid
Saturday #13608	August 6 \$89 CPR/AED/First Aid

\$50 First Aid



# **Country Two-Step Dance** Workshop

Put your 'Boot-Scootin' boots on for the Two-Step! The Two-Step is a fun partnership, leader and follower dance. The leader determines the movements and patterns of the pair as they move around the dance floor. It is a progressive dance that uses "counterclockwise direction" around the floor. This workshop will cover basic patterns and under arm turns, so you will be comfortable on the dance floor when you go out Country Two-Stepping. Partner encouraged. Instructor Carol Brecht-Wiles has 15 plus years of experience teaching in a variety of dance studio and class venues. Class meets one time. Min. 6 Max. 22

Community Room B	}
Friday	April 1
6:30 pm-8:30 pm	
#13344	

# Wedding Dance Workshop

Brush up on your steps for an upcoming wedding. You're not a wedding couple: no problem, this beginning class is for everyone and can be a great date night. Come sample some popular wedding dance favorites, like the Waltz, Swing and Slow Dance. By the end of the class you will feel more comfortable on the dance floor and will be ready to "Move and Groove." Instructor Carol Brecht-Wiles has 15 plus years of experience teaching in a variety of dance studio and class venues. Partner encouraged. Class meets one time, Min, 6 Max, 22

Community Room B	
Friday	May 6
6:30 pm-8:30 pm	
#13345	

# Tobacco-Free Park Policy

### **Subject:**

Prohibition of tobacco product use in the City of New Brighton's park system.

### **Purpose:**

In order to protect the health and welfare of our citizens and park visitors, the New Brighton Parks and Recreation Department prohibits the use of tobacco products on City-owned park land, park facilities, and open space.

No person shall use tobacco products on City-owned park land, park facilities, and open space except according to the following exemptions.

- 1. At Brightwood Hills Golf Course except during exclusively youth activities.
- At the New Brighton Community Center's designated smoking areas.
- At Neighborhood Center patios and picnic pavilions during private events.



# Volleyball Adult Refereed

Registrations for adult volleyball are taken on a team basis. Teams should have payment and team name at the time of registration. There will be no non-resident fees. One team will receive a paid berth to the MRPA state tournament in each league. Cash awards will be given for league and tournament winners in each league during the spring session. Match times are 6:00 pm, 7:00 pm, 8:00 pm or 9:00 pm.

# Wednesday Women's Division C

This refereed league (MRPA Class C Rules) is for teams with experience playing power volleyball. The spring session will consist of 5 weeks of round robin league play. Five matches guaranteed. Min. 4 teams Max. 9 teams

Highview Middle School North Gym Wednesday ......March 16-April 20 (No matches on March 23) #13578.....\$155 per team

## Thursday Co-Rec Division C

This refereed league (MRPA Class C Rules) is for teams with experience playing power volleyball. The spring session will consist of 5 weeks of round robin league play. Five matches guaranteed. Min. 4 teams Max. 8 teams

Highview Middle School North Gym Thursday......March 17-April 21 (No matches March 24) #13579.....\$155 per team

# Power Volleyball Players Needed

If you are interested in playing power volleyball on a New Brighton co-rec or women's volleyball team, please give Pat a call at 651-638-2123 or email at pat.tuma@newbrightonmn.gov. We will add your name to the extra player list for teams that are looking for additional players and subs. Games are played at Highview Middle School on Monday, Wednesday and Thursday evenings.

# Adult Softball Leagues

The New Brighton Parks and Recreation Department offers a variety of summer and fall softball leagues. Information packets are now available. Packets include league descriptions, registration fees, general rules, a team roster and registration information. Call 651-638-2123 to leave your email or mailing address to receive a packet or go online at www.newbrightonmn.gov/register. Teams from last year have been emailed the information. All games are played on New Brighton fields.

Activity #	League Division	Game Night	Starts	Fee	After 4/1/16
	Mens Double Headers C/D				
	Mens Single Games D				
	Co-Rec Recreational D				
	North Suburban Churches				
	Mens Rec. D Double Hdrs				
	Mens Double Headers D				

# Softball Umpires Needed

New Brighton Parks and Recreation Department is accepting applications for adult softball umpires for the 2016 season. All new umpires must complete the USSSA certification in the spring of 2016. Games start the last week in April and are held Monday-Friday from 6:00 pm-9:00 pm at most fields. A typical umpire schedule would be one or two nights per week. Call Pat at 651-638-2123 for more information on game times and per game wage.





### **Beginning Pickleball Clinic**

Pickleball is one of the fastest growing sports in the country. People of all ages find pickleball to be a fun and easy way to exercise and meet new people. In this class we will demonstrate how to play and teach you the rules. Wear comfortable gym clothes and athletic shoes. Wooden paddle racquets and plastic poly balls will be provided. If you have your own paddle please bring it. Visit usapa.org for more information on rules and equipment. Instructor Mary Millett is a retired teacher and pickleball enthusiast. Min. 4 Max. 12

Community Center Gym	n A
Saturday	April 30
9:00 am -10:30 am	Adult
#13576	\$10

## **Outdoor Pickleball Designated Times**

Lined pickleball courts have been designated for open play at two New Brighton Parks; Hansen Park is located at 1555 5th St. NW and Hidden Oaks Park is located at 1550 29th Ave. NW. Participants will need to bring their own pickleball paddle and ball. There are two tennis courts lined for pickleball at each site.

Hidden Oaks Park Pickleball Courts Monday & Wednesday......June 1-Oct. 12 9:00 am-11:00 am.....Adults No Fee

Hidden Oaks Park Pickleball Courts Tuesday......May 31-Oct. 11 5:30 pm-8:00 pm.....Adults No Fee

Hansen Park Pickleball Courts Friday .....June 3-Oct 14 5:30 pm-8:00 pm.....Adults No Fee

# Adult Pickleball Open Gyms

Open gym time will be set aside for Pickleball players of all skill levels at the New Brighton Community Center and Highview Middle School. Wooden pickleball racquets and plastic poly balls will be available for new players to use during open gym. Please bring your own racquet if you have one. Visit usapa. org for more information on rules and equipment.

Community Center Gymnasium Tuesday & Thursday .... 1:00 pm-3:00 pm Friday ......9:00 am-11:00 am (No pickleball March 10, 11, 17, 18, 22, 24, 25 April 9, June 7) Check in at the Guest Service desk \$3 per visit (no charge with NBCC Membership)

Highview Middle School North Gymnasium Tuesday ...... March 8-May 24 5:30 pm-8:30 pm Sign in with the gym attendant \$3 per visit

Highview Middle School North Gymnasium Thursday ......March 3-March 10 5:30 pm-8:30 pm Sign in with the gym attendant \$3 per visit

# **AARP "Smart Driver" Safety Classes**

An auto insurance discount can be obtained by those 50 and over who complete an eight hour course. A four hour refresher course is needed every three years thereafter. AARP members are eligible for a discounted rate; however, your membership number must be provided at the time of registration. Classes are held at the New Brighton Community Center, 400 10th Street NW, New Brighton, MN 55112.

### **Eight-Hour Class**

\$23 AARP Members, \$28 Non-Members

Monday & WednesdayApril 18 & 20 #132959:00 am-12:00 pm
Monday & WednesdayMay 9 & 11 #132965:30 pm-9:30 pm
Monday & WednesdayJune 27 & 29 #135075:30 pm-9:30 pm
Monday & WednesdayJuly 25 & 27 #135085:30 pm-9:30 pm

#### **Four-Hour Class**

\$19 AARP Members, \$24 Non-Members

Monday#13302	.April 11 .9:00 am-1:00 pm
Monday#13303	.April 25 .9:00 am-1:00 pm
Monday#13304	.May 2 .9:00 am-1:00 pm
Monday#13305	.May 16 .5:30 pm-9:30 pm
Monday#13509	.June 13 .5:30 pm-9:30 pm
Monday#13510	.June 20 .9:00 am-1:00 pm
Monday#13511	.July 11 .9:00 am-1:00 pm
Monday#13512	.July 18 .5:30 pm-9:30pm
Monday#13513	.August 1 .9:00 am-1:00 pm
Monday	.August 22

#13514.....5:30 pm-9:30 pm

### "Active Life" Newsletter

The New Brighton Parks and Recreation Department publishes a detailed newsletter six times per year to inform interested individuals of upcoming trips, programs and activities to keep adults 55+ "active for life". You can receive this newsletter free of charge by picking it up at the New Brighton Community Center; having it emailed to you or we can place you on the mailing list. Please call Guest Services at 651-638-2130 to be put on the mailing list.

Coordinator, at 651-638-2148 or via email at

Lesley.young@newbrightonmn.gov.

### Free Blood Pressure Checks

A special thanks to Health & Rehabilitation of New Brighton for conducting blood pressure checks at our facility! They will be located on the lower lobby of the Community Center the third Wednesday of the month from 10:30 am-Noon.

### Color Me Calm

It's late and I'm in "the zone". The world and its cares have dropped away. Work stress, money, worries, heath concerns have all faded away. A total transformation of my mind has taken place. Even my pain has lessened and I'm in a meditative mindset. It's just me, the book and a box of 48 beautiful colored pencils and one simple choice...coral or turquoise? Turquoise, I decide, planning the way I'll run a blue-green-silver scheme through a section of the beautiful pattern I'm working on. As of this minute, you can color me calm. Join others during this time as it's open to any age and artistic ability. We will have color sheets for you to get you started. Bring your own box of colored pencils or colored Sharpie markers.

**New Day/Time** Thursdays, 9:00 am-10:30 am

### Free Activities

Seniors and friends are invited to participate in any of the following activities at the New Brighton Community Center. Everyone is welcome.

### Mahjongg

about any of our 55+ programs, please contact Lesley Young, Recreation

Monday......9:00 am-12:00 pm

#### **Hand and Foot**

Monday.....12:30 pm-3:30 pm

### **Contract Bridge**

Tuesday ...... 9:00 am-12:00 pm

#### 500 Club

Tuesday ...... 12:30 pm-3:30 pm

### **Duplicate Bridge\***

Wednesday ...... 9:00 am-12:00 pm

### **Keeping You In Stitches**

Wednesday ...... 9:00 am-11:00 am

#### **Duplicate Bridge\***

Thursday ...... 12:00 pm-3:30 pm

Thursday ...... 1:00 pm-3:00 pm

### **Pinochle**

Friday ...... 12:30 pm-3:00 pm

### Color Me Calm

Thursday ...... 9:00 am-10:30 am NEW day/time-Starting March 3

No activities May 30, June 6, June 7,

Annual NBCC Shutdown: September 5-9

\*These bridge groups do not provide partners.

### Dominoes

Discover the fun in a lively game of Chickenfoot or other popular domino games. The group meets at the New Brighton Community Center from 1:00 pm-3:00 pm on Thursdays. Beginners welcome!

### Hiking Club

If you enjoy walking outside, we invite you to become part of the New Brighton Parks and Recreation Hiking Club. The club will meet every Wednesday morning April-October. Participants will board the city van and drive to a different park in the Twin Cities area where they will walk approximately 2-3 miles as a group. Membership includes transportation to hiking sites for the entire season (30 weeks). It also allows you to walk on the indoor track at the NBCC if it rains on one of our hike days. A representative from Parks & Recreation will accompany hikers each week to encourage each other to enjoy fellowship, exercise and scenery of the great outdoors. Please arrive by 8:20 am every Wednesday to check in before the van departs. New hikers are always welcome!

Hiking Club Season	Membership
Wednesday	April-October
8:30 am-11:30 am	·
#13582	\$78

Priority registration will be given to those hikers that have purchased a membership previous years. Drop in hikers will be put on a waitlist for transportation availability. Only paid participants will be allowed to accompany the group on hikes.

\*The hiking club is always looking for volunteer van drivers. If interested in becoming a driver for the hiking club, contact Lesley at 651-638-2148 to fill out paperwork and go through the background check.

# Mahjongg

The traditional style of mahjongg is played as a tabletop game, with 144 tiles featuring traditional Chinese characters and symbols. Mahjongg is a game of skill, strategy and luck. Mahjongg's play proceeds similar to the card game of rummy. If you have a set of tiles please bring them. This group meets on Monday from 9:00 am-Noon in room 222.



# Education & Enrichment Workshops

Our workshops are designed to have adults 55+ gather as a group to learn and discuss various topics in an effort to help aging adults live life well. The speakers and format will vary depending on the topic, but we will always have time for a bit of fun and socializing too. Each of our Education & Enrichment workshops will be sponsored by the participating company who will also provide a short description of their products or services.

### **Bone Health**

Our bones support us and allow us to move. They protect



our brain, heart, and other organs from injury. Our bones also store minerals such as calcium and phosphorous, and release them into the body when we need them for other uses. There are many things we can do to keep our bones healthy and strong. Consuming enough calcium and vitamin D, getting plenty of exercise, and having good health habits keep our bones healthy. But, if we don't eat right, don't get enough of the right kinds of exercise, have a genetic predisposition to osteoporosis or have other medical problems, our bones can become weak and even break. Broken bones (called fractures) can be painful and sometimes need surgery to heal. They can also cause long-lasting health problems. But the good news is that it is never too late to take care of your bones and prevent fractures! Presented by: HealthPartners/Regions Hospital. Refreshments served. Register by May 2.

**New Brighton Community Center** Friday .....May 6 4:00 pm-6:00 pm #13580.....Free

### **Estate Planning**

Learn about what documents are needed and why they are essential for people to have



in possession in the State of Minnesota. We will discuss the differences on Wills and Trusts and the pros/cons of each, tax consequences for estate planning and the documents required. Receive handouts and estate planning checklists. There will be plenty of time for open questions. Presented by Jeff Carlyle and Chris Maclennan.

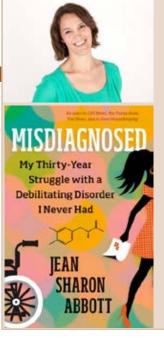
Community Center	Room 222
Wednesday	July 20
1:00 pm-2:30 pm	•
#13581	Free

# eas for life

Experience a day filled with engaging topics, inspiring breakout sessions and motivating messages. During the Ideas for Life senior day, you will learn about local history, diversity, health and wellness and even be able to tap into your own creativity. Attend free health screenings, learn how to increase your quality of life and take home simple strategies that you'll use in your everyday life. Enjoy breakfast, catered lunch and even healthy snacks all day long while you gain valuable information. Register for fabulous door prizes along the way from our professional speakers as they also want to participate in the fun. This is one senior day you won't want to miss!

Try something new! Join us for a "Paint & Sip" class as you enjoy the experience of art and your own creativity coming to life on your own canvas to take home after class. Paint at your leisure. All supplies are provided, no experience is necessary and all levels are welcome.

8:30 am	Registration & Breakfast
8:50 am-9:00 am	Welcome
9:00 am-9:50 am	1st Seminar Breakout
10:00 am-10:50 am	2nd Seminar Breakout
11:00 am-11:50 am	3rd Seminar Breakout
	Lunch/Keynote Speaker
1:30 pm - 2:20 pm	4th Seminar Breakout
2:30 pm – 3:20 pm	5th Seminar Breakout
3:20 pm - 3:30 pm	Door Prizes
3:30-pm - 6:00 pm	Paint & Sip



# **Keynote Speaker: Jean Abbott**

### Wheels to Heels: A **Positive Purpose**

Jean is sure to inspire, encourage and motivate you to live a more positive life! She will share her journey of misdiagnosis and how her sense of purpose along with a positive attitude enabled her to survive three decades of unnecessary appointments, medications and surgeries with a genuine smile on her face.

# Register Today!

Community Center	
Wednesday	June 8
#13835	8:30 am-3:30 pm
\$35 Senior Day withou	t Paint & Sip
\$55 Senior Day with Pa	int & Sip



# Club 55

New Brighton Parks and Recreation invites you to become a member of our Club 55. Becoming a member provides you with a special Club 55 nametag and access to a few "Member Only" events. Membership dollars enhance our senior programs and help defray the cost of general senior room supplies. Membership is \$10 per person for the entire year. Stop into the community center, complete a registration form and become a Club 55 member today!

Please note, Club 55 membership does not include access to the New Brighton Community Center fitness area or the indoor track. For details on fitness center memberships, check at Guest Services.



### Club 55

### Summer Luau On The Patio

Put on your island wear and celebrate the end of summer sipping tropical drinks and nibbling on fresh fruits of the islands! Listen to the sounds of the seas and transform yourself on the beautiful beaches of the Pacific all while on the patio of the New Brighton Community Center with friends of the Club 55. Register by August 23

Community Center Patio Tuesday.....August 30 #13589 .....1:00 pm-2:30 pm FREE to NBCC Club 55 Members \$5 for non-members

### Club 55

### **Movie Madness**

We are pleased to offer a new Movie Madness selection where we will show a movie every other month. Free for Club 55 members (non-members are welcome to join us for only \$2). Both members and non-members must register so that we can plan accordingly for refreshments. For movie title, please call Guest Services at 651-638-2130 or check the current issue of the Active Life Newsletter.

Movie Title: Momma Mia Community Center ..... Room 218 Wednesday ...... May 4 #13586 ......12:00 pm-2:30 pm Free for Club 55 members \$2 for non-members Come for lunch and stay for a movie! This month we will serve fresh hot slices of pizza for lunch prior to the movie. Register by May 2.

Community Center ..... Room 218 Wednesday .....July 6 #13587......12:00 pm-2:30 pm Free for Club 55 members \$2 for non-members Popcorn and lemonade served.

Community Center ..... Room 218 Wednesday ...... September 14 #13588.....12:00 pm-2:30 pm Free for Club 55 members \$2 for non-members Popcorn and lemonade served.

# Mother's Day Spring Tea

Bring your mother, grandmother or significant other to celebrate Mother's Day sipping tea and eating delicate refreshments. This tea is always decorated so beautiful and no detail missed. Wear a favorite hat if you have one and bring a teacup/pot that's special to you! This is a great intergenerational program to spend with a grandchild as well. We will serve a variety of teas and delicate appetizers. Register by April 29.

Community Center	
Tuesday	.May 10
#13583 <sup>´</sup>	
\$15 Club 55 members	
\$20 Non-members	



# Thrive adult 55

Mark your calendars for the 5th annual ThrivExpo for adults 55+ on Thursday, September 22, from 1:00 pm-4:00 pm. If you are interested in becoming an exhibitor for this event, please call Lesley at 651-638-2148 or Lesley.young@newbrightonmn.gov.



# Mini Trips from New Brighton Parks and Recreation

We are pleased to offer mini trips as a way for adults 55+ to get out and enjoy a short day trip. If you are interested in participating in local trips that are typically lower in cost and don't mind riding in a 15 passenger van for transportation then our mini trips might be for you! Every few months we will offer a new mini trip. Check our brochures or The Active Life Newsletter for mini trip information. You may also look for them online at www.newbrightonmn.gov.

### Betty Dangers and Psycho Suzi's

This is a dining experience you'll never forget! The Danger is a "Ferris Wheel" that features an open air car that rotates around 5 different perching points to see the breathtaking views of the Northeast Arts District of Minneapolis. After lunch we'll take the Tiki Tram over to Psycho Suzi's to enjoy dessert and sit on their riverfront patio. Registration includes transportation, entertainment, meal/ dessert, tram ride and gratuities.

Community Center Monday.....June 27 11:00 am-3:00 pm #13590.....\$35

# Como Conservatory Summer Flower Show and Snuffy's Malt

What a better way to spend summer than taking in the beautiful smells and sights of the Como sunken garden! If purple is your favorite color you won't want to miss this trip. You will be surrounded with shades of purple, lavender, silver and white. Some of the prominent plants will be Verbena Bonariensis, Russian Sage, Salvia, Monarda, and Oriental Lilies while all lined with roses, petunias and white/silver accent plants. Next, your inner child appetite will be yelling for a cool, creamy malt from Snuffy's as we enjoy their delicious food right out of the 50's. Registration includes lunch and transportation.

Community Center Monday.....August 22 10:30 am-3:00 pm #13591.....\$18

# **Living The Active Life!**

# Taking mini trips to the next level

We are excited to offer a "Living The Active Life" type of programming for the "active and adventurous" adult. These types of activities are great for you to try without having to invest a lot of time or money and to be able to cross it off that bucket list.



Icon indicates degree of difficulty

If you have any other ideas or would like to provide feedback, please contact Lesley Young at 651-638-2148 or via email at Lesley.young@newbrightonmn.gov.

# Mississippi River Canoe Trip – Explore the Wilderness in the Heart of the Twin Cities



Looking for adventure in the heart of the Twin Cities? Explore the Mighty Mississippi River up close and personal on a half-day guided canoe trip. You'll discover wildlife and experience the amazing human history of the River. You will be paddling in a 24-foot



canoe, following the river's 3-4 mph current as it winds along the shoreline. This tour is only reserved for 12 participants so register early! Boats are stable and designed specifically for trips on big or moving water. Paddling distance is 4-8 miles, depending upon the route we do. It is active but not strenuous. We will provide water and a small snack. Before we hit the water we will fuel up with a quick lunch stop which is included in your registration fee. A medical form is required to be submitted by each participant upon registration. This trip will be professionally guided by: Voyageur Outward Bound School and there will be a trained guide in the stern (back) of each canoe to ensure safety and a fun trip for everyone. Open to adults ages 35+; great intergenerational day trip! Transportation in a 14 passenger van is provided. Register by June 11.

A note about the itinerary: Temperatures can vary greatly throughout the season. Please dress for expected weather. There are bathroom facilities at the put-in and take out places. Our group will stop prior to departing and again upon completion of the trip. This trip is real adventure and takes place outdoors. While we'll make every effort to follow the itinerary listed here, elements may change due to weather or reasons beyond our control. No previous experience is required. Instructors will teach you everything you need to know to travel comfortably, load canoes, paddle your canoe, and navigate the Mississippi Riverway.

Community Center Wednesday .....July 13 11:00 am - 5:30 pm #13596.....\$73



# Day Trips

We are pleased to offer full day trips for adults 55+ in collaboration with the City of Roseville and the City of St. Anthony. On these trips luxury coach transportation is provided as well as an escort for each trip. If you register for these tours through the City of New Brighton, it will be mandatory to board the bus at our facility.



### Minnesota Landscape **Arboretum and Tram Tour**

What could be better than spending a spring day at the beautiful Minnesota Landscape Arboretum? Filled with over 1,100 acres of flowers, gardens, shrubs and trees our excursion begins with a narrated tram ride tour. Sit back and relax as the shaded, open-air tram winds down several gorgeous paths that show off many of the Arboretum's highlights. After the tour, re-energize with a gourmet box lunch at the visitor's center. Lunch includes the option of a smoked turkey sandwich, ham sandwich or marinated vegetable wrap with fresh mozzarella and arugula. All options also include chips, whole fruit, pasta salad, soda and a cookie. After lunch you'll have time to browse the gift shop and walk the gardens. Register by April 29.

Community Center Thursday......May 26 9:00 am - 3:00 pm #13592 .....\$60 Hosted and escorted by the City of Roseville

### Skyrock Farms

This is a trip for a country, horse and carousel lover at heart! Located in a beautiful countryside with rolling hills, maple trees and grazing horses, it's a premier horse hunter-jumper training facility. You will have an informative and historical look at the antique dance organs which have been beautifully restored musical marvels that play the happiest music on earth. Learn about the restoration process of gold leafing, and how one hundred year old art is preserved. See a carousel horse collection and learn why the men who carved the ornate figures have a place in history. Continue the experience and conversation while a casual buffet luncheon is served. After lunch, we will head outside to see a horse jumping program with beautiful animals and talented riders demonstrating how Skyrock Riding Academy teaches horsemanship and how they develop the horse's natural athletic ability with riders of all ages. Register by June 27.

Community Center	
MondayJuly 18	
9:00 am-2:30 pm	
#13594\$58	
Hosted and escorted by the City	of
New Brighton	

### Spam Museum and Austin City Tour

We're going on a road trip! We will pick up our official Austin tour guide on the way to our first stop, the Spam museum, one of Minnesota's top attractions. This interactive and educational tour will feature audios, videos and displays depicting the rich history of Hormel Foods, bound to be fun for all ages. The museum has been closed since September 28, 2014 to prepare for a grand CAN reopening! Next we will have lunch at the historic Old Mill. This 1850's former flour mill is located on the Cedar River and overlooks the Ramsey Dam and is one of the most historic and well-regarded restaurants in southern Minnesota. We will also have some free time in downtown Austin to enjoy the beautiful summer store fronts. A few highlighted shops to check out are Rydjor bike shop and museum, Austin Artworks center and many other unique shops. You can expect some walking with this trip and plenty of bus time to chat with friends. Please register by Wednesday, June 1.

Community Center	
Wednesday	June 22
7:45 am-4:30 pm	
#13593	\$72
Hosted and escorte	ed by the City of
St. Anthony	

# Mississippi River Boat Cruise

Get onboard the Minneapolis Queen as we take a narrated cruise down the Mississippi river. The state of the art, replica paddle wheel offers all the comfort and amenities of a yacht with the charm of a paddle wheeler. The cruise will depart from the beautiful Bohemian Flats Park on the U of M west bank and will take us along the southern trails of the Grand Rounds Scenic Byway. Experience breath taking views and see the best the Mississippi has to offer. Lunch with an assortment of chicken salad, turkey breast and baked ham sandwiches, homemade coleslaw, fresh fruit, potato chips, pickle chips and a cookie. Register by July 15.

Community Center	
Tuesday	August 16
10:30 am-2:30 pm	-
#13595	\$60
Hosted and escorted	d by the City of
Roseville	



# Extended Travel Program

Trips typically include flights, luxury motor coach transportation, knowledgeable tour guide, three star hotel accommodations (or better) and several meals.



### TRAVEL SHOW

### Thursday, April 14, 10:00 am

Join Collette as they showcase their newly announced tour, "Discover Tuscany". This is the region of rolling hills, enchanted vineyards, wines and cheeses galore and olive trees for miles. An amazing, once in a lifetime tour you'll never forget.

April 20-28, 2017.....\$2,999 LAND & AIR

An exciting 2018 international trip is being planned but not yet announced in this issue. Please check the current issue of the Active Life Newsletter or call Guest Services for a brochure on the details and destination. You can also check the Collette website at www.gatewaycentravel.com.



# TRAVEL SHOW

Wed, May 18th, 2016 at 10:00 AM At the New Brighton Community Center

Join New Brighton Parks & Recreation and Landmark Tours for a presentation of several 2016 & 2017 travel opportunities. If you can't attend the show, call for a catalog: 651-490-5408

JOIN US TO LEARN MORE!

# ALL TRIPS INCLUDE —

- Roundtrip Airfare from MSP / Airport Greeting
- Quality Accommodations in Great Locations
- · Baggage Handling at Hotels
- Professional Tour Manager & Local Guides
- · Deluxe Motorcoach Transportation
- Daily Breakfast & Many Quality Meals

# ISLANDS OF HAWAII HEART OF EUROPE **Norwegian Cruise Lines** Germany, Switzerland, & Austria PRIDE OF AMERICA August 16 - 28, 2016 4-Island Cruise: Oahu, Maui, Hawaii, & Kauai \$5,995 per person double February 23 - March 4, 2017 13 DAYS 10 DAYS NEW!

# **NOVA SCOTIA**

& The Maritimes August 17 - 26, 2016 \$3,595 per person double - 10 DAYS -





Classic Canadian Rockies Ft. Banff Nat'l Park July 27 - Aug 2, 2016 | \$2,995







If you can't attend the show, call for a catalog: 651-490-5408 or visit www.landmark-tours.com



# Early Bird Registration \$5 off Member Rate

Register by the fifth of each month for select classes beginning the following month (i.e. April 5, for May classes).

See Pages 35-37 For Class Schedule

### **Symbols represent** complimentary classes:

Health Wave Silver&Fit SilverSneakers



### SilverSneakers® Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with handheld weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises. Instructor: Angie Otto. Min. 8. Max. 30

# SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance and a chair is used for seated or standing support. Instructor: LeVon Garrett, Robyn Roxas Min. 8 Max. 20

### Stretch & Tone



Energize your life with this total fitness program designed especially for older adult participants who want to remain healthy, flexible and active. This is an ideal fitness program which combines the benefits of stretching exercises, rhythmic movements and muscle tone with weights. This class is fun and will leave you refreshed and eager to tackle the day! New participants are encouraged. Instructor: Mag Rieckenberg through May 26, Robyn Roxas June 9-August 30. Min. 20 Max. 70

# SilverSneakers Sunrise Yoga

This morning yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Instructor: Robyn Roxas. Min. 8 Max. 20

### T'ai Chi Chih

Introductory class - students will learn 10 of the 19 movements. Beginner class - students will learn 19 movements and 1 pose. Tune Up class - is designed as a refresher and practice for graduates of the beginner level. T'ai Chi Chih is composed of 19 slow, gentle movements and one pose that are easy to learn and can be performed regardless of age or physical condition. You may enhance your immune system, control pain, lose weight, gain energy, reduce blood pressure and control stress. Advanced registration is required as this is a progressive class. Instructor: Sharon Sloper. Min. 8 Max. 20

#### **Reminders:**

- For warm up and non-class days, we encourage you to purchase a fitness center track pass at Guest Services.
- New participants must purchase equipment for an additional fee at Guest Services and introduce themselves to the instructor before
- Bring 3-5 lb weights, a towel and a water bottle to class.
- Drop-In fee: \$8 Stretch & Tone, Please have proper equipment and introduce yourself to the instructor to provide paid receipt before class.

### Core & More



Floor work designed to tone and strengthen core and back muscles needed for everyday functions. Please bring a mat, towel and water bottle to class. New participants are encouraged. Instructor: Mag Rieckenberg. Min. 6 Max. 20



### **ZUMBA**



Ditch the workout, join the party! ZUMBA is a fusion of Latin and International music/dance with unique movement combinations to create a dynamic, exciting total body workout. All ages, skill and fitness levels are welcome! To tone and sculpt your body, ZUMBA uses principles of aerobic fitness interval training, a combination of fast and slow rhythms, and resistance training for maximum fat and calorie burn. No dance experience, no worries, this class is more about the fun and the way you feel – are you ready to ZUMBA? Instructors: Marie LePage, Norah O'Shaughnessy, Robyn Roxas (Sub: Anne Sumangil). Min. 20 Max. 70

### HIIT 🦠



Not for the faint of heart, high intensity interval training (HIIT) is a high-powered cardio circuit, alternating short, very high intensity intervals with longer, slower intervals of recovery. HIIT training not only helps athletic performance, it also improves the ability of the muscles to burn fat. Through excess postexercise oxygen consumption (EPOC), or "afterburn," the body continues to burn fat for up to 36 hours after the workout! The format includes warm-up, cool-down, and stretching, all focused around high-powered drills of total body conditioning. Bring a towel, and be ready to sweat! Instructor: Robyn Roxas. Min. 8

# Triple Threat



### (TRX, Kettlebell, Battle Ropes)

TRX Suspension Training is a militarydesigned full body exercise system, using one's own body weight and the force of gravity to develop strength, balance, flexibility, and endurance all at the same time. The straps constantly engage the core on hundreds of exercises in addition to providing cardio fitness in every single workout. Russian kettlebell training and battle ropes will shape you with fun step by step instruction and recreational fitness. Improve core strength, balance and stability. Difficulty can be easily adjusted for any level of challenge desired - from high intensity to injury recovery. Instructor: Robyn Roxas. Min. 6 Max. 12

# **Express Workout Kickboxing**



Want a new workout, but not quite ready to jump in the ring? This 45 minute kickboxing class will help you get fit like a fighter. A combination of partner drills, pads, heavy bags, and professional conditioning drills will have you feeling like you went 10 rounds - without the bruises! Each class will begin with warmup, basic techniques and combinations, leading into fat-blasting cardio and power rounds that'll have you swinging for the fences. We'll finish up with abs and footwork or strength training, all in less time than you'd think! Instructor: Robyn Roxas. Min. 8 Max. 14

# **Express Workout**



You can achieve hard core abs with abdominal exercises, a healthy diet, and cardiovascular training. This 45 minute class is designed to force you to hit the muscles you typically miss with crunches and sit-ups. Each week you will build functional core strength, endurance, and power resulting in hard-carved out abs. Instructor: LeVon Garret. Min. 8 Max. 20

# **TNT Tone & Tighten**



TNT is a dynamite, high energy weight training class; Incorporating barbell, dumbbells, tubing, ball work, and body weight. This variety of exercises challenges all fitness levels and muscle groups. Men and women are encouraged to participate in the intensity level that suits you. You will burn through a warmup, followed by exercises to condition and strengthen multiple muscles groups, followed by a cool-down. Instructor: LeVon Garret. Min. 8 Max. 20

# FIT Lab Straight Up Strength



This is personal training in a group setting: Using a combination of classic techniques and cutting edge fitness ideas, including kettle bells, old-school weights, and plyometrics, you'll sweat your way to a better, healthier body while developing powerful body strength. The group dynamic will allow training partners to push each other to their limits and enjoy the variety - no two classes will be exactly the same! Class meets in room 216 or on the Fitness Center Floor. Instructor: Robyn Roxas. Min. 6 Max. 16

# Boot Camp



A popular interval class that mixes calisthenics and body weight exercises with cardio and strength training. Class is designed in a way to be different every time and push you harder than you would push yourself. We want to keep you guessing and challenge you every class! My goal as an instructor is to offer encouragement rather than intimidation so you have fun. Come prepared to sweat! Instructor: Angie Otto. Min. 8 Max. 20

# **Total Body Strength**



Keep moving throughout this magnificent upper-and lower- body workout. Target every major muscle group to shape a lean, strong and healthy body. Burn serious calories while building metabolism-boosting muscles. Body shaping moves that will work abs, core, legs, glutes and arms. Use various equipment including plyometrics, cardio, and calisthenics that will leave you dripping with sweat and toned all over. Instructor: LeVon Garrett. Min. 8 Max. 20



### PiYo



When you combine pilates, yoga, strength training, and sports stretch you get, PiYo™. This low impact workout will increase your fitness level, core strength, flexibility, stability, balance, energy, power, joint mobility, muscle suppleness and posture. This class includes yoga and pilates fusion to release toxins and reshape your body. Bring a mat and wear comfortable clothing. Instructor: Colleen O'Neil. Min. 8 Max. 20

### Gentle Yoga

Gentle Yoga is a class





structured around rejuvenating and healing the body. Yoga props such as blankets, blocks, chairs and straps may be used for joy in practice, and to allow the body to fully achieve each position comfortably. Please bring a mat, water bottle, and blanket to class. This class is held at a slower pace and focuses on stretching all areas of the body, while releasing stress and tension from joints and muscles. Designed to rest and renew, support deep release, and complete relaxation. Instructor: Stephanie Mauceri. Min. 8 Max. 20

### **Beginning Yoga**





Connect your mind, body and breath through gentle vinyasa yoga postures and breathing exercises. This is a class for beginners and those who want a subtle approach to yoga. Bring a mat and wear comfortable clothing. Instructor: Angela Frey. Min. 8 Max. 20

# Early Bird Registration - \$5 off Member Rate

Register by the fifth of each month for select classes beginning the following month (i.e. April 5, for May classes).

### Water Aerobics



Everyone is welcome, Silver&Fit whether you are looking for cross training, injury rehab, prenatal or postnatal exercise, arthritic-fibromyalgia or multiple sclerosis friendly activities. Enjoy the benefits of this aerobic work-out that uses the resistance of water to increase cardiovascular endurance and burns calories by working both large and small muscle groups without putting extra pressure on joints. Stretching and relaxation exercises are also included to tone, strengthen and increase flexibility. Swimming is not a required skill to participate. Min. 8 Max. 20. Drop-In fee \$8 per class, payable to lifequard/instructor on duty at Highview pool.

### **Mat Pilates**



This is a highly effective conditioning method that works your "power-house" muscles. Beginners are welcome; this class will include modifications for intermediate participants. Core strength is an essential part of maintaining our posture, balance, and a healthy whole body function. Pilates help to realign the spine to decrease tension or body aches, increase flexibility and strengthen the body from the inside out. Pilates was initially developed to be used primarily on the mat. Bring your own mat, towel and water. Instructor: LeVon Garret. Min. 8 Max. 20

## Nature's Yoga



yoga in an outdoor supportive environment for total relaxation. Let stress and tension melt away and connect with a deep sense of peace using your senses to enjoy natures calm. Five to six long-held, gentle and relaxing poses are practiced per class; with a few minutes of freestyle. The class is slow, deeply nurturing and suitable for all ages or abilities. In case of inclimate weather class may move inside the neighborhood center when possible. Instructor: Stephanie Mauceri. Min. 8 Max. 20

# Restorative **Blend Yoga**



Relax and restore with a gentle healing form of Hatha yoga that is practiced with props to provide a supportive environment for total relaxation. Let stress and tension melt away and connect with a deep sense of peace. Five to six long-held, gentle and relaxing poses are practiced per class; creating physiological responses which are beneficial to your health and can reduce the effects of stress-related illness. The class is slow, deeply nurturing and suitable for all ages – particularly those with chronic pain, injury, fatigue, or limitations. Instructor: Angela Frey/ Stephanie Mauceri. Min. 8 Max. 20





# 2016 Spring/Summer Group Fitness Schedule

Symbols represent complimentary classes: Silver&Fit WSilver&Fit. Health Wave SilverSneakers





**Drop-In Fees** \$8-\$15 per class

M=Member.....D=Drop-In

Time	Activity	Date	Instructor	Fee: M/S/D	Activity #	Location
6:05-7:05 am	TNT Tone & Tighten	April 6-April 27 (7) May 2-May 25 (7) No May 23 June 13-June 29 (6) July 6-July 27 (7) August 3-August 24 (7)	LeVon Garret	\$61/\$71/\$12 (7) \$53/\$63/\$12 (6)	13826 13827 13828 13829 13830	Studio
7:45-8:45 am	SilverSneakers Silver&Fit.	April 6-April 27 (7) May 2-May 25 (7) No May 23 June 13-June 29 (6) July 6-July 27 (7) August 3-August 24 (7)	LeVon Garret	\$52/\$62/\$10 (7) \$45/\$55/\$10 (6)	13748 13749 13823 13824 13825	Gym
	1					
7:15-8:15 am	SilverSneakers Sunrise Yoga	April 7-April 28 (7) May 5-May 26 (7) June 9-June 30 (7) July 7-July 28 (7) Aug. 4-Aug. 30 (7) No Aug. 11	Robyn Roxas	\$52/\$62/\$10	13736 13737 13834 13738 13739	Studio
9:00-10:15 am	Stretch & Tone	April 7-April 28 (7) May 5-May 26 (7)	Mag Rieckenberg	\$40/\$50/\$8	13740 13741	Gym
9:00-10:15 am	Stretch & Tone	June 9-June 30 (7) July 7-July 28 (7) Aug. 4-Aug. 30 (7) No Aug. 11	Robyn Roxas	\$40/\$50/\$8	13742 13743 13744	Gym
10:30-11:30 am	Core & More	April 7-April 28 (7) May 5-May 26 (7)	Mag Rieckenberg	\$40/\$50/\$8	13745 13746	Studio
4:30-5:30 pm	SilverSneakers Classic Silver&Fit	April 7-April 28 (7) May 5-May 26 (7) June 9-June 30 (7) July 7-July 28 (7) Aug. 4-Aug. 30 (7) No Aug. 11	Robyn Roxas	\$52/\$62/\$10	13751 13752 13753 13754 13755	Gym
9:45-10:45 am	SilverSneakers Circuit Training	April 4-May 16 (7) June 13-August 1 (7) No July 4 Aug. 8-Aug. 29 (3) No Aug. 15	Angie Otto	\$61/\$71/\$12 (7) \$29/\$39/\$12 (3)	13756 13757 13758	Studio
2:00-2:45 pm	Beginner Yoga	April 4-May 16 (7) June 13-August 1 (7) No July 4 August 8-August 29 (4)	Angela Frey	\$61/\$71/\$12 (7) \$37/\$47/\$12 (4)	13759 13760 13763	Studio
3:00-3:45 pm	Restorative Blend Yoga	April 4-May 16 (7) June 13-August 1 (7) No July 4 August 8-August 29 (4)	Angela Frey	\$61/\$71/\$12 (7) \$37/\$47/\$12 (4)	13765 13766 13767	Studio
4:30-5:15 pm	Gentle Yoga	April 4-May 16 (7) June 13-August 1 (7) No July 4 August 8-August 29 (4)	Stephanie Maurceri	\$61/\$71/\$12 (7) \$37/\$47/\$12 (4)	13772 13773 13774	Studio
5:20-6:05 pm	Restorative Blend Yoga	April 4-May 16 (7) June 13-August 1 (7) No July 4 August 8-August 29 (4)	Stephanie Maurceri	\$61/\$71/\$12 (7) \$37/\$47/\$12 (4)	13768 13775 13776	Studio
6:00-7:00 pm	Fit Lab Straight Up Strength	April 4-May 16 (7) June 13-August 1 (7) No July 4 August 8-August 29 (4)	Robyn Roxas	\$68/\$78/\$15 (7) \$41/\$51/\$15 (4)	13777 13778 13779	214

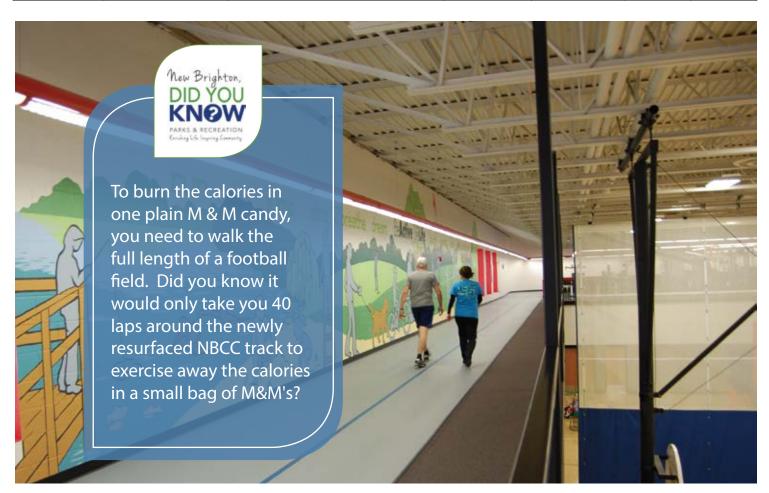
5:30	0-6:15 pm						
	5 0.15 pm	Express - Core	April 5-May 17 (7) June 14-July 26 (7) August 2-August 23 (4)	LeVon Garret	\$41/\$51/\$12 (7) \$21/\$31/\$12 (4)	13780 13781 13782	Studio
6:00	0-7:00 pm	Zumba	April 5-May 17 (7) June 14-July 26 (7) August 2-August 23 (4)	Anne Sumangil	\$52/\$62/\$12 (7) \$32/\$42/\$12 (4)	13789 13790 13795	Gym
6:15	5-7:15 pm	Mat Pilates 💎	April 5-May 17 (7) June 14-July 26 (7) August 2-August 23 (4)	LeVon Garret	\$68/\$78/\$12 (7) \$41/\$51/\$15 (4)	13783 13784 13787	Studio
7:45	5-8:45 pm	Water Aerobics	March 29-May 17 (8)	Tanya Baker	\$59/\$8	13731	Highview
7:45	5-8:45 pm	Water Aerobics Striker&Fit	June 14-August 9 (8) No July 5	Tanya Baker	\$59/\$8	13733	Highview
		<b>*</b>					
9:00	0-10:15 am	Tai Chi Chih	April 6-April 27 (4) Introductory	Sharon Sloper	\$41/\$51	13798	Studio
4:30	0-5:45 pm	Tai Chi Chih	April 6-April 27 (4) Introductory	Sharon Sloper	\$41/\$51	13799	216
4:45	5-5:45 pm	Beginner Yoga	April 6-May 11 (6) May 25-June 29 (6) July 13-August 17 (6)	Angela Frey	\$53/\$63/\$12	13761 13762 13764	Studio
6:00	0-6:45 pm	Restorative Blend Yoga	April 6-May 11 (6) May 25-June 29 (6) July 13-August 17 (6)	Angela Frey	\$53/\$63/\$12	13769 13770 13771	Studio
7:00	0-8:00 pm	Zumba	April 6-May 11 (6) May 25-June 29 (6) July 13-August 17 (6)	Norah O'Shaughnessy	\$45/\$55/\$12	13791 13792 13796	Gym
7:30	0-8:30 pm	Boot Camp 😎	April 6-May 11 (6) May 25-June 29 (6) July 13-August 17 (6)	Angie Otto	\$53/\$63/\$12	13802 13803 13804	Studio
		_	April 7-May 12 (6)			13831	
6:30	0-7:30 am	Natures Yoga	May 26-June 30 (6) July 14-Aug. 25 (6) No Aug. 11	Stephanie Maurceri	\$53/\$63/\$12	13832 13833	Hansen Park
5:30	0-6:30 pm	TNT Tone & 💝 Tighten	April 7-May 12 (6) May 26-June 30 (6) July 14-Aug. 25 (6) No Aug. 11	LeVon Garret	\$53/\$63/\$12	13805 13806 13807	Studio
5:45	5-6:45 pm	HIIT (High Intensity Interval Training)	April 7-May 12 (6) May 26-June 30 (6) July 14-Aug. 25 (6) No Aug. 11	Robyn Roxas	\$68/\$78/\$15	13808 13809 13810	Fitness Center
6:00	0-7:00 pm	Zumba	April 7-May 12 (6) May 26-June 30 (6) July 14-Aug. 25 (6) No Aug. 11	Marie LePage	\$45/\$55/\$12	13811 13812 13813	Gym A
6:30	0-7:30 pm	Mat Pilates 💝	April 7-May 12 (6) May 26-June 30 (6) July 14-Aug. 25 (6) No Aug. 11	LeVon Garret	\$68/\$78/\$15	13785 13786 13788	Studio
7:45	5-8:45 pm	Water Aerobics	March 31-May 19 (8)	Tanya Baker	\$59/\$8	13735	Highview
7:45	5-8:45 pm	Water Aerobics	June 16-Aug. 11 (8) No July 7	Tanya Baker	\$59/\$8	13734	Highview



	Time	Activity	Date	Instructor	Fee: M/S/D	Activity #	Location
aay	4:30-5:30 pm	Triple Threat (TRX, KettleBell,♥ Battle Ropes)	April 8-May 13 (6) May 27-July 15 (6) No June 10, July 1 July 22-August 26 (6)	Robyn Roxas	\$59/\$69/\$15	13814 13816 13815	Studio
44.4	5:35-6:20 pm	Express Kickboxing	April 8-May 13 (6) May 27-July 15 (6) No June 10, July 1 July 22-August 26 (6)	Robyn Roxas	\$59/\$69/\$15	13817 13818 13819	Studio

rday	8:30-9:30 am	Water Aerobics	\$77Silver&Fit.	April 2-May 21 (8)	Tanya Baker	\$59/\$8	13732	Highview
Satu	9:30-10:30 am	PiYo	*	April 9-May 14 (6) May 28-July 9 (6) No July 2 July 23-August 27 (6)	Colleen O'Neil	\$59/\$69/\$12	13820 13821 13822	Studio

Sunday	5:00-6:00 pm	Zumba	April 10-May 15 (6) May 29-July 10 (6) No July 3 July 24-August 28 (6)	Robyn Roxas	\$45/\$55/\$12	13793 13794 13797	Gym	
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**Jeanne Minder** 952-907-0669 Jeanne Minder is a Certified Personal Trainer through American Council on Exercise (ACE) with field experience since

1989. She is also a Certified Coach and World Class Athlete, having raced for the US Triathlon Team All-American Triathlete, ranking in 26 Marathons including the Boston Marathon two times and six Ironman Triathlons, including the Hawaii Ironman Triathlon three times. Jeanne holds a BA Degree in Physical Education from the University of Minnesota and has background in program implementation in many diverse areas including CEC'S in: strength training, exercise for special populations, women's exercise, older adults and seniors, biomechanics for upper and lower body, medical issues such as metabolism, heart disease, blood pressure, and arthritis.

# Is Your Workout Routine **Starting To Fizzle?**

Let A Personal Trainer Add Sizzle!

Our personal trainers will help you set goals and customize your cardiovascular and weight training workout.

Personal Training Services

- Appointments only, choose your trainer and call directly
- Prepayment, health form and registration required
- 1,2,3,5 session packages, orientations and body compositions expire in 6 months from date of purchase
- 6,12,13 session packages expire in 12 months from date of purchase
- Services are non-refundable and non-transferable
- · For rescheduled or missed appointments, 24 hour prior notification to trainer is required or you will be charged for the session

# **Personal Trainer Fit Tip Days**

New Brighton Community Center invites you to meet our Certified Personal Trainer who will be on the floor of the fitness center to offer fitness tips, machine demos and answer your questions. The trainer will enlighten you on an active and varied workout routine for your maximum health benefit. Receive 10% off one personal training service, group fitness class registration or \$20 off the monthly or annual membership enrollment. Not valid with other discounts or specials. Details are described in the personal training brochure, available at the Guest Service desk. Call Guest Services at 651-638-2130 for available dates and times.

Fitness Center (South-East Entrance) Various Dates & Times Ages 12 and up

# 30 Minute Time Saver Personal **Training Sessions:**

\$37......1 session (30 minutes of Personal Training)

\$65 ......2 sessions (1 hr, about \$32 per session)

\$160......6 sessions (3 hrs, about \$26 per session)

\$309......13 sessions (6.5 hrs, about \$23 per session)

# 1 Hour Personal Training:

For starters, tune ups and tracking \$167.....3 sessions (3 hrs, about \$55 per hour) \$272.....5 sessions (5 hrs, about \$54 per hour)

# 1.5 Hour Personal Training **Sessions:**

For starters, tune ups and tracking \$109.....1 session (1.5 hrs)

\$206.....2 sessions (3 hrs, about \$68 per hour)

\$566.....6 sessions (9 hrs, about \$62 per hour)

\$792.....12 sessions (18 hrs, about \$44 per hour)



# **Body Composition**

A body composition refers to the relative amount of body fat, lean weight and inches. This is a fabulous motivator and health maintenance tool.

- Approximately one half hour
- \$31 per person

#### **Basic Fitness Orientation**

Learn proper fitness equipment techniques for a safe and effective workout appropriate for your goals.

- Approximately one hour
- \$49 per person

#### Refresher Fitness Orientation

Review your fitness orientation plan and equipment techniques to get you back on track for a six pack. Youth or adults can take advantage of this refresher course to remind, renew or just use the tools from a past orientation.

- Approximately one hour
- \$39 per person
- After completion, receive \$10 off your next personal training package if purchased at the orientation appointment (not valid with other discounts)

#### **Youth Fitness Orientation**

The New Brighton Community Center requires youth ages 12-17 to take a one hour Youth Fitness Orientation for your health and safety before activating your fitness center access. This is a great opportunity to learn goal setting, cardio workouts, proper set up and form for safety in strength training. After the orientation is complete, you will have permission to use the workout equipment explained in the orientation including a brief introduction to free weight training and leg press. Once completed, the trainer will alert Guest Services to grant membership access, indicated with a special wristband. Please note: Cable Crossover, Chin Dip, on request only, Smith Machine is not recommended. More extensive free weight training workshops or clinics may be purchased for continued in depth or personalized programs. After this orientation you will receive a 10% off discount to enroll in a health coach session, weight training workshop or one-on-one clinic within five days of the completion of the orientation.

- Approximately one hour
- \$49 per person
- After completion, the trainer will validate your membership at Guest Services

# Personal Training Specials

Take advantage of the following monthly personal training specials.

# April

Enjoy a two for one Body **Composition** (\$31 savings).

#### **Trainer 6 Pack**

Purchase a package of six 1.5 hour Personal Training sessions and receive a complimentary session (\$109) savings).

#### **Fitness Friends**

Bring in a friend and enjoy a two for one Basic Orientation – get your fitness on track with this two on one trainer session (\$49 savings).

## May

#### **Basic Orientation**

50% off with Annual Membership purchase.

#### **Trainer 12 Pack**

Partners or pals keep motivated with a family or friend work out partner by splitting or sharing the guide of a personal trainer. Purchase a 12 pack of personal training and receive a complimentary session (\$109 savings).

#### Group Training \$40 each person:

20% off 2-4 people, 50% off 5-8 people – Fitness is better together and great as a gift.

#### **June**

Enjoy a two for one Body **Composition** (\$31 savings).

#### **Trainer 6 Pack**

Purchase a package of six 1.5 hour sessions and receive a complimentary session (\$109 savings).

#### **Fitness Friends**

Bring in a friend and enjoy a two for one Basic Orientation(\$49 savings).

## Enjoy 20% off a 3 pack of 1 hour **Personal Training sessions**

Just a little over \$44 a session, can't beat that in the heat!

# August

Enjoy a two for one Body Composition (\$31 savings).

#### Trainer 6 Pack

Purchase a package of six 1.5 hour Personal Training sessions and receive a complimentary session (\$109) savings).

#### **Time Saver Training**

Purchase a package of thirteen 30 minute sessions at 10% off.

#### **Total Composition**

Purchase a 3 pack of 1 hour start up training sessions and receive a complimentary body composition (\$31

# **Group Orientation**

Youth or adults sign up with our trainers for a time that meets your schedule and you will be placed in groups with a minimum of two and maximum of six. No refunds or make up times allowed for missed sessions. Take advantage of a low rate and a supportive team atmosphere to learn goal setting, nutrition tips, cardio and strength machine set up, adjustments and complete a personal workout tracking card.

- Approximately one hour
- \$20 per person

# **Balance Training: Knee Strengthening**

Have you noticed that your balance is not as good as it used to be? Have your knees gotten weaker and ache from arthritic pain or surgery? This is the session for you! Jeanne Minder will teach you 10-12 exercises to help remedy these issues and get you moving freely and strong again. These exercises can be done in the fitness center or at your home.

- · Approximately one hour. Call to set up appointment at 952-907-0669
- \$45 per person



The City of New Brighton, Parks & Recreation Department provides local complete instructional and recreational swimming under American Red Cross Guidelines for youth and adults. Here are a few reasons to learn this lifetime skill:

- Minnesota Department of Health ranks drowning as the second leading cause of unintentional injury or death for children ages 1 to 19.
- American Heart Association states that swimming is especially beneficial when done regularly.
- This program is right in your neighborhood year round.
- The program has highly trained American Red Cross Certified staff to help you and your families learn how to reach your swimming goals and be safe in and around the water.
- Begin a new fitness routine or competitive challenge.
- Actively play with your friends or children in the water.

# **Highview Middle School Pool**

2300 7th St NW

## Daily Rates

\$2	Youth/Seniors/Student
\$3	Adult
\$10	Family

Daily fees are collected at the pool. Show a valid student ID and receive the student rate. Please bring small bills.

#### AM Lap Swim - One designated lane (25 yard lane)

1	U	· · · ·
Saturday	April 2-May 21	8:30 am-1:30 pm
Monday-Thursday	June 13-August 18	9:00 am-12:00 pm

# PM Lap Swim - One designated lane (25 yard lane)

Tuesday	March 29-May 17	5:30 pm-8:30 pm
Thursday	March 31-May 19	5:30 pm-8:30 pm
Mon & Wed.	May 23-June 8	5:30 pm-8:00 pm
Tuesday	June 14-August 9	5:30 pm-8:30 pm
Thursday	June 16-August 11	5:30 pm-8:30 pm

# **Open Swim**

Saturday	April 2-May 21	12:45 pm-2:00 pm			
Tuesday & Thursday	June 14-August 18	12:00 pm-2:30 pm			
Open Swim: Children under age seven must be accompanied					
by an adult in the water at arms reach.					

#### Pool Closed

May 30, June 9-12, July 4, August 18-Fall Session

See group fitness or swim lesson section for Water Aerobics class schedules and fees. Swimming is not a required skill to participate. Drop-In fee \$8 per class, payable to lifeguard on duty at Highview pool.

#### **Pool Passes**

Summer Pass	Resident & NBCC Members	Standard
Adult	\$60	\$75
Youth/Senior	\$44	\$61
Family	\$100	\$146

Annual Pass	Resident & NBCC Members	Standard
Adult	\$82	\$96
Youth/Senior	\$72	\$82
Family	\$116	\$156

Annual passes can be purchased any time and are valid for one year from the date of purchase.

# **Health Wave Membership**

Check out our Health Wave membership that includes access to Highview Middle School Pool, New Brighton Community Center (NBCC) Fitness facilities, gymnasium, group fitness classes, including water aerobics and the Eagles Nest Indoor Playground. See page 4 for more information.

Health Wave	Annual	Monthly
Single	\$445.43	\$42.69
Family	\$693.01	\$66.42

Family is defined as up to two adults and their dependent children living in the same household.



# Water Safety Instructor Training **Blended Learning**

Students must be 16 years of age by the last day of class. This course trains instructor candidates to teach the American Red Cross Learn to Swim and other water safety programs. Prerequisites: On the first day, you must be able to pass a swimming stroke test. Attendance is mandatory to all class sessions. Be prepared to be both in and out of the water each day of class. Students must complete the online portion of the course (7-9 hours total) in addition to participating in the classroom, and water skill sessions. Once registered, information for accessing the online course will be emailed to the student, your email is required. There is an additional fee of \$35 paid directly to the Red Cross for the online portion. Please bring: verification of birth date, swimsuit, towel, writing utensil, paper, water bottle, bag lunch, and snacks.

Highview Middle School Pool and Classroom

Monday-Wednesday	March 21-23
8:30 am-5:30 pm	
#13356	\$290
(Registration Deadline M	ar. 14)

Monday-Wednesday ......July 11-13 8:30 am-5:30 pm #13600.....\$290 (Registration Deadline July 1)

# Splash Party Pool Rentals

Make a splash with your party! Reserve exclusive pool time at Highview Middle School pool. A great birthday party idea for youth ages 7 and older. Adult supervision is required. Additional lifeguards required for 30+ guests. Inquire about our large inflatable animal floats, games and activities that will make your party unforgettable! Reservations must be made in advance with a \$25 non-refundable deposit to secure your reservation. For rental information and reservations visit www.newbrightonmn.gov or call 651-638-2143.

Highview Middle School Pool 5 lane lap pool - 3ft to 9ft deep \$172 (2 lifeguards, pool toys, 1.5 hour pool time) \$45 add 30 minutes.

# **Lifeguard Training**

Participants must be 15 years of age by the last day of class. This Red Cross certification program includes Lifequard, First Aid, for the Professional Rescuer and AED (Automated External Defibrillator) training. Upon successful completion, participants will receive a Lifeguard Training, First Aid, and a CPR/AED for the Professional Rescuer certificate valid for two years. Attendance is mandatory for all class sessions. Be prepared to be both in and out of the water each day of class. Pre requisite swim skills: continuous 300 yard swim using front crawl and breaststroke and 10 lb submerged object recovery. Swim skill evaluation will be done the day before the class starts. Participants that are not able to complete the swimming requirement will be eligible for a partial refund.

Highview Middle School Pool and Classroom

Thursday	May 5, 12
4:30 pm-9:30 pm	,
Saturday	May 7, 14
8:15 am-5:00 pm	,
#13598	\$275

Summer Monday-Thursday ...... June 13-16 8:00 am-4:00 pm #13599.....\$275

# Have A Splash At Work!

Do you like the water, want to work with kids, make extra money and gain valuable work experience? Are you certified in or interested in becoming a Water Safety Instructor, Instructor Aide, or Lifeguard? Great pay, flexible hours and on-going training.

# Water Safety Instructor Aide/ **Lifeguard Preparation Training**

This water safety apprentice course is for youth leaders age 11 or older who have completed upper level lesson skills. This program focuses on youth leadership, self-esteem, problem solving, peer and community interaction, teamwork and skills related to employment with youth swimming lessons. Students will volunteer teach 16 hours (2 hours a day for an 8 class session), participate in 6 classroom hours to complete CPR/AED/First Aid training for Adult, Infant, & Child. To be considered for employment you must be age 14 and complete a minimum of 32 volunteer apprentice hours, turn in completed course work and evaluations. Contact Patrice. Atkinson@newbrightonmn.gov or 651-638-2143 with questions about the program and to set your schedule.

Highview Middle School Pool #13597.....\$185 Spring/Summer (March-August)

# **Lifeguard Instructor Training**

Students must be 17 years of age by the last day of class, have a current CPR AED for the Professional rescuer and Lifeguard Training certificates. This course trains instructor candidates to teach the American Red Cross Lifeguard, First Aid and CPR/AED for the Professional Rescuer training. Prerequisites: Successfully complete and pass the lifeguard training written exam, skills, scenarios and two hour online study course. A current lifeguard certificate is required, and at least one year of lifequard experience is recommended. Attendance is mandatory to all class sessions. Be prepared to be both in and out of the water each day of class. Students must complete the online portion of the course (7-9 hours total) before participating in the classroom, and water skill sessions. Once registered, information for accessing the online course will be emailed to the student, your email is required. There is an additional fee of \$35 paid directly to the Red Cross for the online portion. Please bring: verification of birth date, swimsuit, towel, writing utensil, paper, water bottle, bag lunch, and snacks.

Highview Middle School Pool & Classroom Tuesday-Thursday ......June 21-23 9:00 am-4:30 pm #13602.....\$290 (Registration Deadline June 15)



**New Brighton Parks & Recreation** swim program affiliated with American Red Cross is designed to make learning easier and to help you benefit from the latest research on instructional and stroke techniques. Please read class descriptions carefully to properly place your child in the appropriate level.

# **Lesson Participants**

- Make-ups or special arrangements are not provided for participants missed lessons.
- If the pool is closed unexpectedly, you will be notified as soon as possible and alternatives will be provided.
- Refunds will not be given on cancellations made outside our policy guidelines on page 52.
- Please read class descriptions carefully to properly place your child in the appropriate level.
- Please remove street shoes before entering the pool area.
- Participants may enter the pool area and be seated on the bench until called by the instructor – please help children stay off the railing.
- Parents and visitors must remain in the observation area during class.
- Please use the restrooms before class.
- All swimmers must fully shower before class and after class.

#### LEVEL 1 - \$72

#### Ages 4-7 years

This class is for children who are comfortable in the water as they develop independence. Skills include underwater exploration, floating and gliding independently, beginner strokes on front and back using arm and kicking with minimal support, entries and use a life jacket. Prerequisites: Puddle Jumpers skills.

#### LEVEL 3 - \$72

This class emphasizes endurance and improving stroke proficiency. Skills include front crawl, back crawl, and elementary backstroke, jumping and diving into deep water, treading water, submerge and retrieve an object and more. This level works towards swimming 25 yards. Prerequisite: Level 2 skills.

# LEVEL 5 - \$72

This class focuses on the refinement of strokes and building more endurance as they work towards swimming 100 yards. New skills include diving, surface dives, flip turns, survival swimming and more. Prerequisite: Level 4 skills.

Consider the Water Safety Instructor Aide/Lifeguard Preparation Training apprentice course for youth leaders age 12 or older who have completed Level 5 or its equivalent.

Swim Lesson levels 3-6 not meeting a minimum of five participants will become a 30 minute semi-private at no extra charge and will not be cancelled.

#### LEVEL 2 - \$72

Swimmers will build independence in the water. Skills include floats, front and back glides, swim 15 feet on front and back, rhythmic breathing, submerge and retrieve an object, tread water using arm and leg motions, swim using a life jacket and more. Prerequisite: completed Level 1 skills.

#### LEVEL 4 - \$72

This class focuses on refining of front crawl, back crawl, and elementary backstroke. Breast stroke, side stroke, and butterfly are introduced along with a variety of other skills. This level also builds endurance to swim 50 yards. Prerequisite: Level 3 skills.

# **LEVEL 6 - Competitive Fitness** \$72

Students develop fitness habits, polish strokes to swim with more ease, efficiency and power over greater distances for competitive strength. A great introduction into the Water Safety Instructor Aid program. Participant will work on fitness training, flip turns, and more while building swim endurance and strength. Swimmers will be able to swim 500 yards continuously. Prerequisite: Level 5 skills.

# **Swim Badges**

A badge system is used to provide additional opportunities to recognize and reward achievement outside of the levels. Badges are listed on the end of session report card and can be shared to social media with the Red Cross Swim App.



## Parent & Child - \$72

# Ages 6 months-5 years

Enjoy working with your child to build swimming readiness by emphasizing fun and safety in the water. Snug fitting plastic pants required or "HUGGIES little swimmers". This program is for children with little or no water experience and might be reluctant to enter the water. Children will be exposed to basic water adjustment and skills while adults learn important water safety techniques. Skills include water entry, bubble blowing, kicking, floating and more. Children must be accompanied in the water by an adult in each class more than one adult can participate in the water with the child.

#### Mini-Swimmers - \$72

#### Ages 2-4 years

This class is about introducing participants to the pool and swimming lessons in a fun, safe environment. Students are introduced to underwater exploration, bubble blowing, floating with support, kicking, proper entry and use of a life jacket. Children must be toilet trained. Adults do not accompany children in the water or deck side.

# Puddle Jumpers - \$72

#### Ages 3-5 years

Children will grow basic swimming skills working to gain confidence and independence in the water. Skills include kicking, underwater exploration, bubble blowing, floating, arm and leg movements for beginner strokes, proper entries and use a life jacket. Children must be toilet trained. Adults do not accompany children in the water or deck side.

#### **Adult Lessons**

Whether you would like to begin a new fitness routine or actively play with your friends or children in the water, this class is designed for people who would like to learn proper swimming strokes, ease anxiety around the water and increase their swimming skills. Instructors work with participants' individual needs and participants work at their own pace.

# **Specialized Swim Instruction**

Our specialized swim instruction is intended to provide a safe and inclusive learning environment for students with mild disabilities. While students follow the outlines from the swim levels, modifications are made to strokes and skills as necessary. Instruction geared toward fitness and conditioning is also available. Please call 651-638-2143 to discuss any special needs.



## Find us on Facebook

Share your photos, accomplishments and swim badges with us! #NBPRSWIM

#### Semi Private - \$87

Family and friends now have a great way to take a swimming lesson at the same time whether they are a beginning to swim at 3 years old or swimming at a level 6. More individualized attention will be given to students as they learn skills and strokes with confidence. Participants are split up according to ability during the first class. Students may progress at their own rate working toward the next level. Please inform the instructor of any skills that need specific attention and note the skill level of the participant at the time of registration. Ratio: 4 students to 1 instructor.

#### **Private Lessons**

Customized personal instruction for young students and adult swimmers wanting to learn or refine swimming skills and strokes at a beginner, fitness, or competition level. Lessons are open to people of all ages and abilities, including participants with special needs. Based on the current session instructor/pool availability, we pre-arrange times to fit your schedule. For more information and registration call 651-638-2136.

Highview Pool #13603.....\$224 Eight 30-minute lessons = 240 minutes #13604.....\$180 Six 30-minute lessons = 180 minutes #13605.....\$99 Three 30-minute lessons = 90 minutes



# **Spring Swimming Lessons**

#### Session 1 - 8 Weeks

#### **Highview Middle School Pool**

Tuesday, March 29-May 17

One Lap Lane	5:30 pm-8:30 pm	
<u>Semi-Private</u>	5:30 pm-6:00 pm	13609
Parent & Child	6:05 pm-6:35 pm	13637
Mini Swimmer	6:05 pm-6:35 pm	13648
Level 1	6:05 pm-6:35 pm	13658
<u>Puddle Jumper</u>	6:40 pm-7:10 pm	13669
Level 2	6:40 pm-7:10 pm	13679
Level 3	6:40 pm-7:10 pm	13696
Semi-Private	7:15 pm-7:45 pm	13610
Adult	7:45 pm-8:45 pm	13698
Water Aerobics	7:45 pm-8:45 pm	13731

#### Session 2 - 8 Weeks

#### **Highview Middle School Pool**

Thursday, March 31-May 19

Titul Sudy, March 5	1 IVIAY 12	
One Lap Lane	5:30 pm-8:30 pm	
Parent & Child	5:30 pm-6:00 pm	13645
Mini Swimmer	5:30 pm-6:00 pm	13657
<u>Puddle Jumper</u>	5:30 pm-6:00 pm	13677
Level 1	6:05 pm-6:35 pm	13660
Level 2	6:05 pm-6:35 pm	13686
Level 3	6:05 pm-6:35 pm	13689
Semi Private	6:40 pm-7:10 pm	13611
Level 4	7:15 pm-7:45 pm	13702
Level 5	7:15 pm-7:45 pm	13712
Level 6	7:15 pm-7:45 pm	13722
Adult	7:45 pm-8:45 pm	13699
Water Aerobics	7:45 pm-8:45 pm	13735

#### Session 3 - 8 Weeks

## **Highview Middle School Pool**

Saturday, April 2-May 21

732
642
649
668
659
678
688
612
710
713
721
842

# May Term

#### **Highview Middle School Pool**

Monday & Wedesday, May 23-June 8 (No Class May 30)

One Lap Lane	5:30 pm-7:45 pm	
Semi-Private 55 Min.	5:30 pm-6:25 pm	13628
Semi-Private 55 Min.	6:30 pm-7:25 pm	13629
Semi-Private 55 Min.	7:30 pm-8:25 pm	13627

# Staff Spotlight

Diana



Diana has been working with the city of New Brighton since October 2009. In 2009, Diana started working as an instructor aid and with hard work and dedication she has now become a Lead Water Safety Instructor at Highview Pool. Diana loves working with students of all ages and abilities and prides herself in observing students growth. "I love teaching swimming lessons because I'm teaching a lifelong skill. Swimming is vital to learn, especially in the land of 10,000 lakes!"

Diana has a Bachelor of Science degree in Communicative Disorders with a minor in Business Administration from University of Wisconsin-River Falls. Diana has been swimming since she was 6 months old. She started competing on the North Suburban Aquatics Club at the age of twelve. She also swam for the Mounds View Swim Team for five years. She continues to use her skills by teaching lessons and swimming laps when she finds the time.

Diana loves to stay active. Some of her favorite hobbies include weightlifting, running, and doing anything outdoors. She is currently training for her first 10k run, which she will be participating in this summer.

Diana's students and coworkers enjoy her commitment to excellence, patience while teaching, and the encouragement she offers to others and her helpful personality. Come to Highview Pool to meet Diana and the rest of the team, she'll be the one who always has a smile on her face!



# **Summer Swimming Lessons**

# Four-Day-a-Week Day Classes

## **Highview Middle School**

Monday-Thursday						
Moriday Tharsday		SESSION 1	SESSION 2*	SESSION 3	SESSION 4	SESSION 5
		June 13-23	June 27-July 8	July 11-21	July 25-Aug 4	Aug. 8-18
One Lap Lane	9:00 am-12:00 pm		•	,		
Parent & Child	8:40 am-9:10 am	13639	13640	13641	13646	13647
Mini Swimmer	8:40 am-9:10 am	13652	13653	13654	13655	13656
<u>Puddle Jumper</u>	8:40 am-9:10 am	13672	13673	13674	13675	13676
Level 1	9:15 am-9:45 am	13662	13663	13664	13665	13666
Level 2	9:15 am-9:45 am	13682	13683	13684	13685	13687
Level 3	9:15 am-9:45 am	13692	13693	13694	13695	13697
Semi-Private	9:50 am-10:20 am	13616	13617	13618	13632	13633
Level 4	10:25 am-10:55 am	13706	13707	13708	13709	13711
Level 5	10:25 am-10:55 am	13715	13716	13717	13720	<u> 13718</u>
Level 6	10:25 am-10:55 am	13724	13725	13726	13729	13730
Semi-Private	11:00 am-11:30 am	13619	13620	13621	13622	13634
Semi-Private	11:30am-12:00 pm	13623	13624	13625	13626	13635

<sup>\*</sup>Session 2 (No July 4, class meets July 8)

# Two-Day-a-Week Classes

## **Highview Middle School**

Tuesday & Thursday

SESSION 6	SESSION 7	SESSION 8
June 14-July 7	July 12-Aug 4	August 9-18*
13.613	13631	13636

# One Day-a-Week Evening Classes

12:00 pm-12:30 pm

## SESSION 9 - 8 weeks

## **Highview Middle School**

Tuesday, June 14-Aug 9 (No Class July 5)

One Lap Lane	5:15 pm-8:30 pm	
Parent & Child	5:15 pm-5:45 pm	13643
Mini Swimmer	5:15 pm-5:45 pm	13650
Puddle Jumper	5:15 pm-5:45 pm	13670
Level 1	5:50 pm-6:20 pm	13667
Level 2	5:50 pm-6:20 pm	13680
Level 3	5:50 pm-6:20 pm	13690
Semi Private	6:25 pm-6:55 pm	13614
Level 4	7:00 pm-7:45 pm	13704
Level 5	7:00 pm-7:45 pm	13714
Level 6	7:00 pm-7:45 pm	13723
Adult	7:45 pm-8:45 pm	13700
Water Aerobics	7:45 pm-8:45 pm	13733

## SESSION 10 - 8 weeks

#### **Highview Middle School**

Thursday, June 16-Aug 11 (No Class July 7)

One Lap Lane	5:15 pm-8:30 pm	
Parent & Child	5:15 pm-5:45 pm	13644
Mini Swimmer	5:15 pm-5:45 pm	13651
<u>Puddle Jumper</u>	5:15 pm-5:45 pm	13671
Level 1	5:50 pm-6:20 pm	13661
Level 2	5:50 pm-6:20 pm	13681
Level 3	5:50 pm-6:20 pm	13691
Semi Private	6:25 pm-6:55 pm	13615
Level 4	7:00 pm-7:45 pm	13705
Level 5	7:00 pm-7:45 pm	13719
Level 6	7:00 pm-7:45 pm	13727
Adult	7:45 pm-8:45 pm	13701
Water Aerobics	7:45 pm-8:45 pm	13734

<sup>\*</sup>Short session 50% off

# Brightwood Hills

1975 Silver Lake Road, New Brighton, MN 55112

Tee Times & Information 651-638-2150

Brightwood Hills, which opened in 1969, offers a 1538-yard, par 30 executive golf course located among residences in the heart of New Brighton. Mature trees, well-maintained flower beds, raised greens and water hazards provide a beauty-filled and challenging environment for all golfers. Exciting and fun golf leagues are available for juniors, men, women and seniors.

Need help with your game? Individual and group lessons, given at our six station practice area and on our two putting greens, are available for golfers of all ages and abilities. Brightwood Hills is also a great place for businesses and other groups to hold events and/or leagues of their own. Contact Ken for additional information.

#### **2016 Rates**

A .I I.

Adults	<u> </u>
Seniors (62+)	\$13
Juniors (17- )	\$12
Golf Car	\$16
Pull Cart	\$3
Club Rental	\$5

# **Golf Passes**

<u>5 Round</u>	\$62.50
10 Round	\$132

# **Golf Season Memberships**

All memberships include unlimited range use

Individual	\$375
Each additional family member	\$250
Junior Membership (17 and under)	\$12 <u>5</u>

# **Practice Range**

Small Bucket (35 balls)	\$3
Large Bucket (70 balls)	\$5

#### **Gift Certificates**

Gift certificates in any amount are available at Brightwood Hills Golf Course. Five and ten round punch passes and season memberships for 2016 are also available for purchase. They make great gifts for any golfer in your family!

# Golf Lessons

Are you looking to polish the rust off your skills or just learning the game? Then start the spring golf season with a lesson! We offer classes to help build your skill level and confidence. Classes run for one hour with a minimum of 4 and a maximum of 8 students.

# **Basic Swing**

This clinic covers the pre-swing routine of grip, alignment, ball position, posture and stance; and basic swing fundamentals. You will learn how to practice and play with both woods and irons.

Cost for each clinic		\$20
Monday, May 2	6:30 pm	#13483
Monday, May 9	6:30 pm	#13484
Monday, May 16	6:30 pm	#13485

# Little Chippers (ages 5-8)

Get ready for the summer golf season by ioining us for a three session group golf lesson designed for the little chipper in your golf family. Participants will learn the proper grip, alignment, posture and stance for the full swing, chipping and putting. Instruction will also include general USGA rules and etiquette. Each Little Chipper will receive a pass for one round of golf at Brightwood Hills. Bring your own clubs or borrow our Sticks for Kids, Min. 4 Max. 8

Cost for each sessi	on \$40
Saturday	April 23, 30, & May 7
#13489	9:00 am-9:50 am
Saturday	May 21, 28 and June 4
#13490	9:00 am-9:50 am
#13491	10:00 am-10:50 am

# Chip and Putt

Learn to master your short game! In this clinic you will learn club selection and the fundamentals for chipping; and the art of putting, which includes how to read a green and play the break.

Cost for each clinic		\$20
Saturday, May 7	10:00 am	#13486
Saturday, May 14	10:00 am	#13487

# **Get Golf Ready**

Group lessons are a great way to learn golf in a fun and relaxed atmosphere. Topics that will be covered are the basic fundamentals of the full swing, chipping, putting and on course play. Each lesson will also include elements introducing participants to the history, etiquette and values associated with the game. Participants will receive a golf pass for a 9 hole round at Brightwood Hills. Maximum 8 per session. The five date, 6 hours plus sessions are \$99.

Thursday	April 21-May 19
#13493	6:00 pm-7:15 pm
Wednesday	May 4-June 1
#13494	6:00 pm-7:15 pm
Wednesday	June 15-July 13
#13495	6:00 pm-7:15 pm



# **Spring After School** Golf Leagues

Get an early start on the golf season by joining the After School Golf League. Focusing on the basic skills and proper golf etiquette, we provide the opportunity to become comfortable in the golf course environment. In addition to the golf, an after school snack will be provided. The league is open to boys and girls with some golf experience. Van transportation will be provided from Highview Middle School and Bel Air Elementary School to the golf course; parents will need to arrange transportation home and sign out your child from Brightwood Hills. If you do not need transportation to the golf course, there is a discounted fee. Golfers from Edgewood, Sunnyside and Valentine are welcome to participate but must have transportation to and from the golf course. This league includes a golf lesson before they golf and runs for 5 weeks. Min. 12 Max. 20

Middle School Leagu	ue
Tuesday	April 12–May 10
Times	2:45 pm-5:15 pm
#13472	
\$80 / \$70 (no transp	ortation)

Elementary School League Tuesday......April 12–May 10 Times......3:25 pm-5:45 pm #13473 \$80 / \$70 (no transportation)

# Adult and Senior Golf Leagues

Join an adult golf league in 2016. Leagues are a great way to ensure that you get out and enjoy the game on a regular basis. Leagues are open to interested individuals or groups of players of all abilities. You don't have to be a professional to play in our leagues, everyone is welcome. Please join in on the fun of a golf league where you can make new friends, play with old friends and participate in weekly events for prizes that will improve your game and allow you to enjoy the outdoor beauty of our golf course! Most leagues start in May and run through August.

Add your name to our waiting list by calling Ken at 651-638-2151. Be sure to mention what league(s) you are interested in joining from the list below. You will be contacted in early April with details about league play.

# Monday

Juniors AM Men PM

Tuesday Women AM

Wednesday

Ladies AM Women PM

Thursday

Ladies AM Juniors AM Couples PM

Friday Seniors AM

# **Family Fun Golf**

Our popular Family Fun Golf Zone is back again. Come and enjoy Brightwood Hills as a family. Bring one junior golfer, 17 and under, and EVERYONE in the group plays for ONLY \$7 each! Reservations are required with this offer and please indicate Family Fun when making the tee time reservation. Tee times are available from 3:00 pm to dark EVERY Friday, Saturday and Sunday during the season.

Mark your calendars! The Stockyard Days Corral Open Golf Tournament is scheduled for Sunday, August 7. www.stockyarddays.org





# Summer Junior Golf League

Join in the fun! Sign up for our Junior Golf League recognized in 2010 as Minnesota's best. We focus on the basic golf skills and etiquette allowing the juniors to play a comfortable round of golf with new and old friends, on their own! The Junior League includes seven lessons and seven rounds of golf with sessions beginning on either Monday, June 13 or Thursday, June 16. They will end on August 1 and July 28 respectively. The Monday session will not meet on July 4. Program runs 7 weeks.

Junior golfers of all ability ages 7-16 will be divided into groups of equal size for each session. Each group receives a 25 minute lesson from PGA Professional Ken Manthis and will then be sent out in foursomes. Parents or guardians are encouraged to listen in during the lesson and volunteers are stationed on the course to supervise play. An emphasis is placed on honesty, integrity, sportsmanship, the Rules of Golf and having fun. Brightwood Hills will pair up groups that lack partners. Register with your preferred lesson time and names of other juniors your child would like to play with.

You may register your junior ONLY in person by filling out the junior registration form with payment at the Brightwood Hills Clubhouse; Visa, MasterCard and American Express accepted. All openings are filled on a first come - first serve basis.

#### **Monday Junior League**

Boys and Girls Ages 7-16	5
June 13-August 1 (No leagu	ie July 4)
	nately 8:45 am, 9:30 am, 10:15 am
and 11:00 am	•
#13474\$150/juni	or

#### **Thursday Junior League**

Boys and GirlsAges 7-16
June 16-July 28
Lesson sessions start at approximately 9:15 am, 10:00 am
and 10:45 am
#13475\$150/junior

# 2nd Annual Two Player Junior Scramble

Brightwood Hills will host its 2nd Junior Scramble in 2016. This 9 hole tournament is open to boys and girls of all skill levels, ages 15 and under. Grab a partner and get in on the fun. Prizes will be awarded based on gross and net scores. All golfers will also receive lunch and door prizes for participating. Sign up today to be a part of all the excitement! Pre-registration is required per team (singles may not register). Contact information for both team mates is required at the time of registration.

Tuesday	July 19
12:00 pm-3:00 pr	
	\$35 per team

# Brightwood Hills 46th Annual Junior Golf **Tournament**

#### Monday, August 8

#### 10:15 am-5:00 pm

Brightwood Hills Annual Junior Golf Tournament is a fun day of golf, games and great food! This 18 hole tournament is open to boys and girls in two age divisions: 11 & under and 12-15 years old. Each age division will be paired into foursomes based on the first round scores; for the second round of the tournament. The top three finishers of the two divisions will receive a trophy and prize. There will also be special events for prizes on several holes during play. All golfers will also receive donuts and juice, a barbeque lunch and door prizes for participating. Sign up today to be a part of all the excitement! Pre-registration is required.

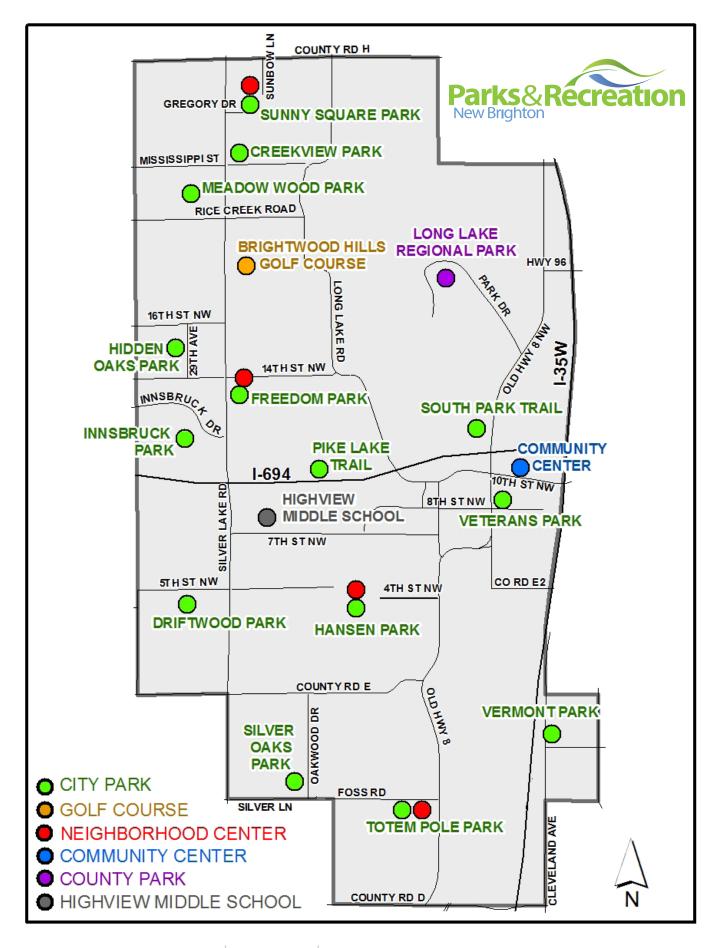
Monday	August 8
10:15 am-5:00 pm	3
#13482	\$39



Trees cool the city by up to 10 degrees Fahrenheit by shading our homes and streets and releasing water vapor into the air through their leaves. Did you know the City has a gravel bed tree program to help provide a low cost, healthier and better variety of trees for our boulevards and parks?

		Neighborhood Center	Picnic Pavilion	Ball Field	Playground Equipment	Gym/Fitness Center	Tennis Courts	Pickleball Court	Basketball Court	Volleyball Court	Disc Golf	Golf Course	Skate Park/ Climbing Wall	Soccer Field	Lighted Trails	Rental Indoor Facilities
	r <b>ightwood Hills</b> 975 Silver Lk Rd.		•									•				
	reekview															
Si	lver Lake Rd. & liss.															
	<b>riftwood</b> 705 - 5th St. NW		-							-				•	-	
	ommunity Center 00 - 10th St. NW				•	•		-	-	-						•
	reedom 121 - 14th St. NW	-	•	•	•		•		•				-			•
	<b>ansen</b> 555 - 5th St. NW	-	•	•			•	-			•					
	idden Oaks 550 - 29th Ave. NW		•				•	-						•		
	insbruck 150 - 27th Ave. NW													•		
	l <b>eadow Wood</b> 081 - 29th Ave. NW		•						•	-				•		
	i <b>ke Lake Trail</b> 021 Pike Lake Dr.															
	<b>Iver Oaks</b> 40 Oakwood Drive								-						-	
	outh Park Trail orthwest Parkway															
	<b>unny Square</b> 200 Sunnyside Terr.	•		•	-											•
///	otem Pole 111 Foss Rd.	•		•	-		•		•							-
	ermont 50 - 1st Ave. SE				-									•		
	eterans 03 Old Hwy 8 NW		•	•												







# Staff & Dhone Numbers

Staff & Phone Numbers
Liz Amici-Floyd651-638-2138  Meeting and Event Coordinator
Patrice Atkinson
Bill Bach651-638-2122 Facilities Manager
Sandy Breuer651-638-2126 Director, Parks & Recreation
Kathy Cheney651-638-2130 <i>Lead Guest Service</i>
Jen Dorn651-638-2127 Reservation Clerk
Jason Hicks651-638-2147 Assistant Parks & Recreation Director
Jill Isaacs651-638-2130 Lead Guest Service
Ken Manthis651-638-2151 Golf Operations Manager
Dawn Mehsikomer651-638-2125 Membership Clerk
Jodelle Olson651-638-2121 Office Assistant
Jim Powers
Heidi Sedlacek651-638-2124 Recreation Supervisor
Naybour Somkhan 651-638-2130 Lead Custodian
Patricia Tuma651-638-2123 Recreation Supervisor
Jim Veiman651-775-3424 Park Maintenance-Forester
Chris Wolla651-638-2116 Parks Superintendent
Lesley Young651-638-2148 Recreation Coordinator
Aquatic Activity Line651-638-2145
Birthday Party Info (24hr)651-638-2129
Birthdays & Groups651-638-2127 Brightwood Hills Golf651-638-2150
Cancellation Line651-638-2141
Direction Line651-638-2142
Facility Reservation651-638-2138
Fax Number651-638-2135
Guest Services651-638-2130
NBCC Memberships651-638-2125

# New Brighton Parks & Recreation

#### Our Mission

We are dedicated to delivering parks and recreation services that improve quality of life in New Brighton.

# **New Brighton Vision**

To be the preferred place to live, work, and play.

#### We commit to

- Improving Health
- **Protecting Natural Resources**
- Fostering Healthy Youth Development
- Sustaining Fiscal Responsibility
- Supporting Community Reinvestment



# PARKS, RECREATION & ENVIRONMENTAL COMMISSION

#### Meets 1st Wednesday each month, 6:30 pm, City Hall Council Chambers

- Jack Brunell
- Megan Eischen
- Kevin Fields
- Jeanne Frischman
- Larry Justin
- Mary Kunesh-Podein, Chair
- Abe McEathron
- Adam Parker
- Brandon Stenglein
- Sandy Breuer Staff Liaison
- Mary Burg Council Liaison

# Frequently Requested Numbers

City Hall	.651-638-2100
Ramsey County/Long Lake Park	651-748-2500
Non-Emergency Dispatch	

## **NBCC Tenants**

Knotworks Massage Therapy	612-516-5668
Ramsey County Library	
Ramsey County WIC	

#### School District #621 Numbers

Pike Lake Community Ed	651-621-7400
Food Shelf	
Early Childhood (ECFE)	651-621-7420
Family Learning	
Meals on Wheels	651-621-7431

# **Register Early!**

Courses fill quickly and space is limited.

# How do I Register?

There are five ways to register: by mail, by Fax, by internet, in person, or by phone. Registrations will be accepted until the registration deadline or until the activity is filled. All course fees must be paid in full at the time of registration. All registrations after the class has begun are subject to program supervisor approval. We do not accept registrations at the activity locations.

## **New Brighton Parks and Recreation** 400-10th Street NW New Brighton, MN 55112

Program Registrations: 651-638-2130 Fax Registrations: 651-638-2135

Online Registration: www.newbrightonmn.gov

#### **Returned Check?**

A \$30 service fee will be charged for all returned checks.



We accept Visa, Mastercard and **American Express.** 

## **Stay Connected**

Email addresses are required at the time of registration to update you with program changes or information. Like us on facebook to receive up to date facility information or notices for special events.

# Are Scholarships Available?

New Brighton residents who are unable to pay the full registration fee may receive a scholarship. Person requesting assistance will be required to demonstrate a need and will be asked to pay a portion of the fee. Funds are available on a first come, first serve basis. We thank the Kitchen Kut Ups band and the Dairy Queen off Old Hwy 8 who have donated significantly to the scholarship fund. Contact Jodelle, 651-638-2121 to register.

# Can I get a Refund?

In consideration of instructors needing to order supplies, secure tickets or purchase equipment, refunds will only be given under the following conditions:

- All refunds are subject to a \$5 processing fee
- Cancellations must be made at least 5 business days prior to the start of the program
- Trips, camps and league cancellations must be made prior to the registration deadline
- There will be no cost adjustments for late registrations or classes missed by a participant
- Make up sessions will not be offered if the participant misses a
- In the event an activity is cancelled by the Parks and Recreation Department, a full refund will be issues.

DATE

Parks & New Brighto	Recreation	ew Brighton Parks & Recrea 651-638-2130	• Fax 651-638-2135 • w				
PARTICIPANT'S FIRST NAME LAST		Г NAME	BIRTHDATE		GENDER: (CIRLCE) M F		
ADDRESS		CITY		_STATE	ZIP		
PRIMARY PH	ONE ()	SECONDARY PHONE	E ()	OTHER	R ()_		
EMAIL		TEAM N	IAME (FOR LEAGUES)				
Course #	Course Name & Level	Special Info (Shirt Size, Sp	ecial Needs, Allergies)	Start Date	Fee	Check #/Cash	
l understand participants	named above. I agree that	Expiration Dat ctivity is completely volunt the participants are partici res, will not be liable for ar	pating in the activity at	being offered their own risk	. I also agi	ree that the City	
participants of myself or	due to the negligence of the participants, I expressly	ne City, its agents or employ release and discharge the y allow the City of New Brig	vees, arising out of or co City of New Brighton, its	nnected with agents and e	the activitemployees	ty. On behalf , from any such	

No, participant photo may not be used.

PARENT, GUARDIAN OR PARTICIPANT SIGNATURE

the individual(s) named herein, in city informational publications released to the general public.



#### What is Ed-Venture Care?

Ed-Venture Day Care is a great opportunity for your child to spend a wonderful summer learning and having fun in an outdoor park setting. Qualified, caring teachers and recreation leaders will provide day-long programs and activities while maintaining a low staff-to-child ratio. Your child can choose from special activity classes, Tuesday/Thursday swimming, sport lessons, camps, computer time and special trips. You may register your child for 1-5 days per week. Program also has flexible days and ½ days available for \$20 per day.

Call 651-638-2130 for an information packet and registration form. The New Brighton Parks and Recreation Department would like to offer your child a full day of continuous care, enrichment and recreation programs held at the Freedom Park Neighborhood Center (14th ST and Silver Lake RD). Register your child for the grade they will be in the fall of 2016. Half-day rates are available Monday-Thursday (am or pm) for families attending summer school or needing more flexibility. Sign up for only the days you need!

**See Page 14 For More Information** 

# **FÚTBOL OR FOOTBALL?**

We Have Either Option!

# In-House Soccer

The soccer program is coordinated through the New Brighton Parks and Recreation Department. League plan also includes teams from Arden Hills, Shoreview, Mounds View, Roseville and Fridley. Grade

levels are based on grade entering spring of 2016. See page 16

# **Sunday Night Football**

Down-Set-Hike! Welcome to training camp for fall flag football! Children in grades K-5 will be introduced to football fundamentals through drills and games. See page 20-21